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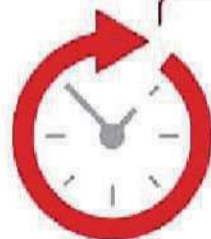
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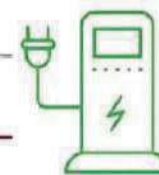


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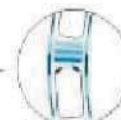
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NEWS • ENTERTAINMENT • SPORT

A KILDARE FÁILTE FOR WILLIAM AND KATE

PAULA CAMPBELL
editor@kildarepost.com

'Friendship, security, fun and support' — that's what the Duke of Cambridge was told the respite time spent at Savannah House in Kildare means to the children who spend time there.

The Duke and Duchess of Cambridge on Wednesday last, March 4, visited the social justice charity Extern near Donadea Forest Park as part of their first official visit to Ireland.

Their Royal Highnesses spent over two hours at Extern's family respite centre, Savannah House, to learn more about the

charity's work to empower young people and support them in developing important life skills including budgeting, shopping and cooking.

MEET AND GREET

Royal couple William and Kate were greeted by the CEO Charlie Mack who said that this is the second visit to the All-Ireland charity by the couple in just over a year.

Last February they visited the Roscor Youth Village in Fermanagh where they met young people supported by the charity and joined them in a head to head canoe race on Lough Erne.



The Duke and Duchess of Cambridge made a stop at Stynes Londis, Prosperous, during their visit to Kildare on Wednesday, March 4. They also spent time at Savannah House near Donadea. PICTURE: JULIEN BEHAL

CONTINUED ON PAGES 6-7 →

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NEWS

Hospitals on standby for Kildare coronavirus cases

SENAN HOGAN
editor@kildarepost.com

Naas General Hospital and the Midland Regional Hospital in Portlaoise are on standby if any cases of Covid-19 (coronavirus) are identified in County Kildare.

The Department of Health said that all acute hospitals across Ireland have identified isolation facilities and have specialist teams specific to the virus.

The Department also said acute hospitals are establishing multi-disciplinary preparedness committees to oversee implementation of guidelines in relation to Covid-19 / coronavirus.

Naas General Hospital and the Midland Regional Hospital in Portlaoise are the designated acute hospitals which serve population areas in County Kildare.

A Department of Health spokesperson said: "The Department of Health and the HSE will not provide information about individual activations of preparedness plans or about



Kildare hospitals are preparing to treat coronavirus. PICTURE: FILE PHOTO

individual cases of novel Covid-19 (coronavirus) other than confirmed cases.

"The approach which has been taken to date in Ireland is in line with guidance from the World Health Organisation (WHO) and European Centre for Disease Prevention and Control (ECDC)."

Naas General Hospital serves a catchment area of Kildare/West Wicklow which has a population

in excess of 220,000.

The Midland Regional Hospital Portlaoise serves a population within the counties of Kildare, Laois, Carlow, Offaly and North Tipperary.

There have been two cases Covid-19 / coronavirus confirmed in Ireland since the weekend - one in Dublin on Sunday and one in the east of the country on Tuesday.

The HSE advised that it can take up to 14 days for symptoms of Covid-19 (Coronavirus) to show.

Symptoms may include a cough, shortness of breath, breathing difficulties and a fever (high temperature).

Things you can do to protect yourself from getting Covid-19 (coronavirus) include washing your hand properly and regularly after coughing and sneezing, after toilet use, before eating and before and after preparing food.

CONTACT INFORMATION:

Websites are being updated daily; for the latest information about Covid-19, please see:

Department of Health
www.gov.ie/health-covid-19
HSE website re Covid-19
https://www2.hse.ie/conditions/coronavirus.html

HPSC website which is updated at 1pm daily
https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/

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Plus all our regular weekly columns: Stylicious, Health, Cookery, Motors, Sport, and more

Kildare ambulance service hit with €417k tax bill

PAUL O'MEARA
editor@kildarepost.com

A County Kildare ambulance service company has been handed a bill for almost €417,000 by the tax authorities.

Life Line Ambulance Service limited, Unit 5 Ryebrook Industrial Park, Leixlip, is listed among the Revenue's defaulters for October to December last.

According to Revenue it owed €287,031 in tax, €70,884 in penalties and €59,050 in penalties.

The case arose from an audit and relates to an underdeclaration of PAYE/PRSI/USC.

Separately a number of fines were imposed in cases where tax returns were not lodged in time.

According to Revenue settlements are published when the extensive voluntary disclosure options are not availed of and the default arises because of careless or deliberate behaviour.

A total of 45 cases were published on March 3 and €19,791,949.44 is the total settlement amount in these cases.

Some 19 cases were for amounts exceeding €100,000 of which five exceeded €500,000, while two exceeded €1m.

While Revenue vigorously pursues collection or enforcement of unpaid settlements, in some cases, collection or recovery of the full unpaid amount will not be possible (for example, company



The Revenue published its most recent list of tax defaulters this week

liquidation).

Revenue said the published settlements reflect only a portion of all Revenue audits and investigations.

It added that in the three-month period to 31

December 2019, a total of 719 Revenue audit and investigations, together with 22,432 Risk Management Interventions were settled, resulting in a yield of €169million in tax, interest, and penalties.

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TOP LEFT:Conor and Alison Crowley at the opening of Crowleys Opticians in Newbridge last week. **TOP MIDDLE:** Fair City's Eoghan at Kildare Drama Festival: Fair City actor Alan Howley who plays Eoghan in Fair City. Alan was adjudicator at the Kildare Drama Festival this week and is photographed here with Sally Purcell **TOP RIGHT:** Music and Muffins for Naas Musical Society: Jed Earley helping to fundraise for Naas Musical Society

PICTURE: AISHLING CONWAY

RIGHT: St Corban's Boys National School Naas celebration the sacrament of confirmation: Lara and Emma McAleenan, Fionn, Molly and Grace Kelly alongside Tilly Spain

PICTURE: AISHLING CONWAY



CRIMEBRIEFS

Bikes stolen in Newbridge

Two bicycles were taken in separate incidents in Newbridge on Tuesday. The thefts took place on Station Road and at the Courtyard Shopping Centre.

Car stolen

A Honda vehicle was taken from the Brookfield Avenue of Maynooth on Monday.

The black-coloured car has the registration plate: 07 D 123350.

Burglaries in Monasterevin

A break-in took place in the Brocan Wood area on Sunday between 11.30am and 8.30pm.

Entry was gained through an unlocked door. Another burglary took place in Old Grange Avenue between Saturday and Sunday.

Burglary in Kill

A break-in took place at a home in Hartwell Green in Kill on Friday last. The incident took place between 6pm and 11pm.

The house was ransacked and entry was gained via a window.

Theft in Athgarvan

Items were taken from a car in Athgarvan on Friday last. The vehicle was parked near the local national school.

Catalytic converter taken

A catalytic converter was taken from a vehicle parked on the campus of Maynooth University on Wednesday of last week.

Gardaí are investigating.

Vehicle targeted at Naas church car park

A car parked adjacent to a church in Naas was broken into and €700 worth of items stolen.

The vehicle had been left in the car park beside the Church of Our Lady and St David, Sallins Road, on February 22.

Naas gardai say the incident took place between 5pm and 7.10pm. A rear window was smashed and the theft was discovered after the driver returned to the vehicle.

Two bags containing personal belongings, shoes and clothing were robbed.

Arrest in Naas

A number of youths were engaging in anti social behaviour in Naas and the gardai were called to the scene.

The gardai arrived at John Devoy Road just after 4am on February 22.

One of the group, a 28 year old from Portlaoise, was arrested for drunkenness and a public order offence.

Intoxicated in Naas

A woman who was intoxicated and a danger to herself and others was arrested in Naas. Gardai way the woman, aged 48, was extremely drunk and she was detained at Dublin Road on February 25 at 10.40pm.

Ransacked

An unlocked vehicle, parked at Arconagh in Naas, was ransacked. A small amount of loose change and key was stolen between 8am on February 22 and 6am on February 23.

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ROYAL DAY OUT



Crowds gathered in Prosperous on Wednesday to greet the Duke and Duchess of Cambridge. PICTURES: JULIEN BEHAL

Continued from page 1

During last Wednesday's visit they spent time with 18 young people, hearing how they have benefitted from Extern's life-changing supports and their time at Savannah House.

The duke and duchess both rolled up their sleeves, donned their aprons and got stuck in making vegetable soup. But first they were taken on a detour to the local

shop, accompanied by Molly (13) and Simon (13) and their entourage. The popped into Stynes Londis in Prosperous to buy leeks and some fresh brown bread. They were greeted by a warm crowd of around 200 onlookers hoping to catch a glimpse of the royal pair.

On their return they got to chopping the carrots for the soup while chatting to service

users Chloe (15), Eoin (13) and Molly and Simon about their likes and dislikes, including favourite foods, games and sports.

Prince William also took an interest in a batch of cookie dough mix, making sure there was enough chocolate chips for the batter. The duchess meanwhile spoke about the importance of healthy food choices,

adding that she was very impressed with that they were cooking the soup from scratch.

Chloe said afterwards that she was very excited by the visit adding "it is not every day you get to make soup with royalty".

The royal pair also managed to squeeze in a game of table tennis on their visit, and spent time in the art

room looking at the various artwork and bunting made by some of the children.

Savannah House provides overnight and daytime services for vulnerable children and their parents, allowing them a time out from the complexities of their daily lives.

Service manager Sarah Healy said the visit by the royals was a great

opportunity to showcase Extern, which employs 600 people and helps over 20,000 service users a year in both the North and South of Ireland.

Before they left Extern's Savannah House the young people presented the duke and duchess with a gift of handmade bunting for their own children and a posy of flowers.

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The Duchess of Cambridge checking out the fresh goods at Stynes Londis grocery store in Prosperous yesterday, Wednesday, 4 March, during the royal visit to Co Kildare. PICTURES: JULIEN BEHAL



There was no shortage of enthusiastic Kildare fans to greet the Duchess of Cambridge in Prosperous this week



A hearty welcome from all at Stynes Londis of Prosperous!



The Duchess of Cambridge enjoying some practical cooking skills with youth at Savannah House near Donadea, Co Kildare during the royal visit on Wednesday, March 4.



The Duke and Duchess of Cambridge photographed at Savannah House near Donadea



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NEWS

Overall crime incidents down but aggravated burglaries on the rise

HENRY BAURESS
editor@kildarepost.com

There has been a drop in recorded crime incidents across County Kildare between the fourth quarter of 2019 and the same period in 2018, the Joint Policing Meeting (JPC) was told earlier

this week. The Policing Report to Co Kildare JPC for March was told that overall crime incidents had fallen from 871 to 841. But the figures varied depending on the type of crime.

The meeting at Kildare County Council headquarters on March 2

heard that there was an 8% rise in aggravated burglary in the Kildare division between the two quarters from 253 to 272. Gardai reported that someone was caught for aggravated burglary in two thirds of all cases in Q4 2019. They also say they expect an increase in burglaries during

Q1 2020 due to the time of the year.

Garda Supt Oliver Henry said that regarding 'mobile crime', they have been working with Circle K filling stations, to combat drivers exiting stations without paying for fuel.

"We expect to see this type of crime going down," he said. There were 184 thefts from shops in Q4 2019, almost the same as 182 in Q4 2018. In some cases, these are not reported for a couple of days and gardai find that CCTV systems are not working.

CAR THEFTS REDUCED

The meeting was also told that people continue to leave cars unlocked outside their homes and leave valuable, including passports, in them. However, the number of car thefts fell from 79 to 35 - helped by a national garda campaign.

Many of these thefts involve people taking cars out of the country. Criminal damage incidents were down

from 23 to 19, according to the Policing Report. Many of these are damage to cars or domestic incidents. Some related to the Halloween period and wheelie bins being set on fire.

There were 117 public order incidents, which the gardai said was not too bad given the Christmas period. Regarding drugs incidents, there were 47 cases of possession for sale and supply in Q4 2019, compared to 43 in Q4 2018. These are normally cases where the street value of the drugs is estimated at €1,500 or higher.

ILLEGAL DRUG CRIMES

Supt Henry said there has been a large increase in resources to tackle illegal drug crime. He said the finds are a drop in the ocean but there have been some significant ones, including, recently, a large heroin find in Clane. He said there has been a big increase in cocaine finds.

The number of simple drug possession incidents, where the drug is not deemed to be for sale and supply, increased 12% from 180 to 201 between the two quarters.

The breakdown of the incidents between the areas in the county was as follows: in the Kildare town area, the number of cases changed from 81 to 78; in Newbridge, it stayed the same on 60; and in Leixlip area (which runs to Carbury and Derrinturn in west Kildare), it rose from 39 to 63.

Gardai stated they remain worried about the drink driving and traffic accidents. There were 454 traffic collisions where the damage was not material in Q4 2019, compared to 470 in Q4 2018.

ROAD ACCIDENTS DOWN

There were 50 cases of accidents with non serious injury (53 in Q4 2018) and there were 12 incidents in which there was serious injury, down from 25 in Q4 2018.

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NEWS

Council told CCTV community scheme requires expertise and funding

HENRY BAURESS
editor@kildarepost.com

A number of issues currently remain over the implementation of a community CCTV scheme, the County Kildare Joint Policing Committee (JPC) has been told.

Obstacles to the scheme are considerable, including the need for local communities to maintain and insure the schemes, the meeting heard.

At its meeting in Kildare County Council HQ on Monday, March 2, Garda Inspector Paul Reilly said a number of locations are ready to go on the planned CCTV systems but issues remain over the technical specifications of the scheme.

The community CCTV project, which is backed by the gardaí, involves having CCTV cameras installed in public places with a view to cutting down on crime by being able to monitor vehicles in certain areas.

Inspector Reilly said the system must be tied into Kildare County Council. But he told the JPC that there are data protection issues over the live links and live monitoring.

Procedures and expertise will be needed to sort out the data protection of



GDPR issues in relation to the scheme, he said.

Inspector Reilly said a sub-committee on the project is meeting regularly. He said Local Property Tax (LPT) funds have been committed to the project.

Kildare County Council Director of Services, Sonya Kavanagh, said it will require funding and will have to adhere to national standards but she did not have a time frame when it might be fully implemented.

Ms Kavanagh noted it was a Department of Justice scheme and

noted the local community must maintain the technology for five years and they must also insure it.

Cllr Pádraig McEvoy said it will be a challenge for communities and how they will proceed from here. Money to run the scheme will be required. Cllr McEvoy suggested that funds from the so called "Court poor box" could be used to help fund the project given that the scheme is to combat crime.

Cllr Fintan Brett, who was chairing the meeting, said that the "obstacles to the scheme are very high" at the moment.

Garda Commissioner to attend Co Kildare JPC December meeting this year

HENRY BAURESS
editor@kildarepost.com

The Garda Commissioner, Drew Harris, is to attend the December 2020 meeting of the County Kildare Joint Policing Committee (JPC).

At its meeting on Monday, March 2, members of the JPC were told that Commissioner Harris had been invited and the Commissioner indicated to the committee that he and his team will attend the December meeting.

Cllr Fintan Brett, chairman of the JPC, said that the Commissioner's letter back to the Joint Policing Committee asked that the JPC indicate in advance any issues it wished to discuss at the December meeting.

The committee has also agreed to invite District Justice Desmond Zaidan to address the JPC at a future meeting.

The attendance heard that Garda Supt Gerry Wall is retiring and Cllr Fintan Brett wished him well in his retirement.

Cllr Brett said that since 2015, Garda Supt Wall had attended practically all of the meetings.

Other members of the JPC also thanked Supt Wall. Cllr Pádraig McEvoy thanked him on behalf of the Clane-Maynooth Municipal District and all he (Supt Wall) had done in a practical way.

Another JPC member, Monica Cox, who represents older people on the JPC on behalf of Kildare Older Persons group, told Supt Wall that her group was always looking for new members. Supt Wall responded: "Thanks for that."

Cllr Vincent P Martin also thanked Supt Wall and noted that all too often, the work of the gardaí is overlooked.

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Changes in community text alert scheme to 'allow more flexibility'

Dir of Services states funding required will be 'a drain' on council resources

HENRY BAURESS
editor@kildarepost.com

The Garda community text alert scheme is to be changed to allow more flexibility for gardaí and for the public, the County Kildare Joint Policing Committee (JPC) has been told. At its meeting on Monday, March 2 at Aras Chill Dara, Garda Sergeant Gavin Dunphy said that up to now the text scheme allowed only 160 letters to be used in a text on the scheme.

That now would change and the technology will be changed to enable passing of information via photographs among other things. Sgt Dunphy said that there are 57 community text alert schemes in county Kildare with a total of 150,000 texts sent annually, according to the latest figures.

He said the changes will be made based on initial work done in Monaghan, and that the new scheme will allow more people to be involved. Sgt Dunphy stated the new service in Kildare will be



county wide and all gardaí will be able to send messages through the service.

But like most other things, the new scheme will cost money, the JPC heard.

Sgt Dunphy said the software and licencing involved will cost €3,500. The total bill for Kildare will come to €37,500, including VAT at 23%.

He further noted that it will go to the procurement stage soon and he would report back to the JPC on progress.

Cllr Pádraig McEvoy said it was proposed to reconvene the community text

committee in the next few weeks.

'A DRAIN ON RESOURCES'

Kildare County Council Director of Services, Sonya Kavanagh, said that they have not allocated resources yet to the community text scheme. She added that the community CCTV scheme will be "a drain" on council resources.

Sgt Dunphy said that Monaghan County Council is seeking a grant to bring geolocation to the system. He also said that in Monaghan they had two separate technical providers to the system.

Over 21 years on: Deirdre Jacob's file may soon be ready for DPP

PAULA CAMPBELL

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Gardaí conducting a murder investigation into the disappearance of Newbridge woman Deirdre Jacob over two decades ago may have a file ready for the Director of Public Prosecutions on a particular suspect in the next few weeks according to reports.

The Irish Examiner has reported that the file will be ready in the next two weeks. On submission to the DPP, it will then decide whether there is sufficient evidence to bring a prosecution against it is understood a well known rapist who is believed to have been working in the area at the time.

Last July marked the 21st anniversary of the student teacher's disappearance from near her home in Roseberry.

The family's liaison officer and former sergeant in Newbridge, Seamus Rothwell, confirmed at the time that gardai investigations have taken a "particular avenue".

He said that while the chief suspect in the missing teenager's murder case could not yet be named, gardai are working on the file, which should be ready in the next few months.

"Every scrap of evidence has to go into

that file and then it is up to the DPP to decide if the suspect will be charged or not," he said.

"We are following up on everything we have on the case and looking at every strand, and if there is somebody somewhere that might have an idea about somebody else who may have been involved then gardai would still like to hear from them.

"Especially if somebody has something on their mind now is the time to say it. We won't ask the question why it took so long — we'll be very thankful for the information and thrilled to get it. It could well be relevant to the case."

Deirdre Jacob was 18 years old when she was last seen 21 years ago on July 28, 1998, outside the family home in Roseberry. Last August, gardai upgraded her case from a missing persons to a murder investigation.

The investigation is being overseen by Supt Martin Walker from Kildare Garda Station. Officers from the National Bureau of Criminal Investigation's cold case unit and the Serious Crime Review Team are also involved.

Since Deirdre's disappearance, gardai have followed numerous lines of inquiry and conducted searches for the missing teaching student. However, no arrests



have yet been made over the disappearance.

Enhanced CCTV footage from the day Deirdre disappeared some 21 years ago has also aided the investigation by making images clearer of people who walked down the street or drove through the area throughout that day. Anyone with information is still asked to contact Newbridge Garda Station at 045 431212 or the Confidential Line at 1800 666 111.

Above: Deirdre Jacob pictured at home

Right: enhanced CCTV footage of Deirdre in Newbridge from the day she disappeared



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NEWS

Bar and restaurant premises in Athy for sale for €550,000



The Hunting Ground is located on the old Dublin Road into Athy

Bar/function room

SENAN HOGAN
editor@kildarepost.com

A well known fully licensed bar and restaurant sitting on 16.3 acres is up for sale.

The Hunting Ground located outside Athy offers

huge scope to improve, expand, and redevelop an extensive property with huge potential.

The asking price is €550,000.

The extensive land is located to the rear of the property in three lots.

The yard at the side of the pub is used as a traders market on Saturday mornings.

The restaurant can cater for approximately 50 people and includes a commercial kitchen to rear.

There is living

accommodation to rear. This is currently vacant and would require some modernisation to bring it up to contemporary standards.

The premises fronts onto the R418, the old Dublin road on the edge of Athy town with a large car park.



The Applegreen service station and shop on the Sallins Road, Naas (formerly Hennessy's) is now up for sale

Busy filling station in Naas on market

A well known filling station in the Naas area is up for sale.

The Applegreen Service Station located on the Sallins Road in Naas has an asking price of €1.9m.

It comes with commercial outlets on a plot of 0.38ha/0.94 acre in a prominent trading location.

The forecourt has four double-sided pump terminals under a canopy.

There is also an automated and a double bay hand car-wash area.

The retail shop is 270 square metres in area and includes deli counter with seating area, ATM and customer toilets.



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Clearance auction held at closed down golf club

SENAN HOGAN
editor@kildarepost.com

Thousands of euro was made from a clearance auction held at Dunmurry Springs Golf Club near Kildare town on Saturday last when around 150 items were sold off.

The sports facility, which featured on RTÉ business makeover programme At Your Service in 2018, shut its gates in November last after its debt was sold by its bank to a vulture fund.

Portlaoise-based Hennessy Auctioneers were instructed by the new owners to sell off vehicles, clubhouse contents and other items.

A large crowd turned up at the auction at the former golf club which had 200 members.

The future of the sports facility, which opened in 2005, is still unclear.

Hennessy Auctioneers said 115 registered bidders attended the event despite weather warnings about Storm Jorge.

Almost all of the 167 lots were

sold off.

Machinery used to maintain the golf course such as mowers, tractors and mechanical diggers fetched the highest prices.

A 1997 JCB 530-70 Teleporter sold for €8,400 while a TYM 290 Compact Tractor sold for €2,000.

Other items included antique farm gates, freestanding golf driving nets, Beko chest freezers, a Mercatus stainless steel fridge, Lincat double panini maker, a Parry double deep fat fryer, a GGM gastro hob, grill and griddle, a Buffalo soup kettle, a large drinks fridge and a Franke coffee maker.

A large quantity of lounge chairs and tables and glasses, cutlery, crockery, pots and pans were among the lots.

When Dunmurry Springs was first opened in 2005, the course was awarded the accolade of one of the top-10 new courses in Europe by the US magazine 'The Golfer'.

The golf club featured on the At Your Service business makeover programme fronted by hoteliers Francis and John Brennan in May

2018.

The programme heard that the family of owner and general manager Mr Holohan had built a golf course on their farming land over a decade ago after farming in the area since the 17th Century.

Viewers heard that the Brennans were brought in to help increase revenues at the facility by getting tenants to rent vacant units.

Owner Simon Holohan said in a statement to club members after the closure that despite his and his team's consistent and tireless work to maintain and sustain Dunmurry Springs, "the last 12-24 months have been particularly difficult and we have now been given no option but to close."

He added: "I would like to thank our staff who have gone above and beyond to keep Dunmurry Springs going over the years."

RIGHT: Simon Holohan, former owner of Dunmurry Springs Golf Club. An auction on Saturday last saw over 150 items sold off.



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NEWS

Women's Day celebration at Naas Racecourse

KILDARE POST REPORTER
 editor@kildarepost.com

To celebrate Women in Racing on International Women's Day, Naas Racecourse will host a special event with a panel of top female racing personalities on Sunday, March 8, followed by MansionBet Leinster National Day.

Ladies will go free to the Celebrating Women in Racing event from 1pm to 2pm followed by National Hunt Racing on International Women's Day.

Some of racing's leading ladies, including trainer Jessica Harrington, jockey Lisa O'Neill, Dr Jennifer Pugh and stable staff member Debbie Flavin will discuss their challenges, opportunities and inspirations with Tamso Doyle, MC of the event.

The Celebrating Women in

Racing event will take place in the Circle Lounge (ground floor) at 1pm-2pm and complimentary tea/coffee and sweet treats will be provided for those who attend the event.

FANTASTIC ACHIEVEMENTS

Eamonn Mc Evoy, general manager of Naas Racecourse said: "International Women's Day falls on our MansionBet Leinster National Day and we felt it would be the perfect opportunity to acknowledge and celebrate all the fantastic ladies in the industry on their achievements and talents. We are inviting everyone to get involved and come celebrate Women in Racing with us on Sunday, March 8, before racing at 1pm in the Circle Lounge."

Dr Jennifer Pugh commented: "I feel privileged to take part in this event at Naas Racecourse. Racing



Trainer Jessica Harrington, top left, and jockey Lisa O'Neill, above left, will attend the Celebrating Women in Racing event at the Circle Lounge, Naas Racecourse on Sunday next, March 8

has a long history of successful female participants and at a time when women's sport is gaining so much well deserved traction, racing needs to continue to be at the forefront. This initiative by Naas Racecourse is a fantastic

opportunity for racing to showcase its females and with women involved will no doubt be good fun as well!"

To find out more information or to book your place at the free event visit www.naasracecourse.com.

The Celebrating Women in Racing event will take place from 1pm-2pm in the Circle Lounge (ground floor) followed by racing.

The first race goes to post at 2.10pm on Mansionbet Leinster National Day.

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 42lt Flexitub €5.99	 Green Gone 5lt makes 50lt €19.99	 30pcx 10g Rat Bait €9.99	 Creocote Black 4lt €9.99	 Dunlop Wellies €20	 Soft Close Toilet Seat €14.99
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Open: Monday-Saturday 8.00am-6.00pm Sunday 12-5pm

SPONSORED CONTENT

KBowl – the perfect venue for a perfect day out!

Celebrate your communions and confirmations with KBowl.

KBowl at Ladytown Business Park, Naas is the One-Stop Entertainment Centre for all ages and an ideal venue for communion and confirmation celebrations.

KBowl really puts the emphasis on fun – choose a Bowling Package that suits you and enjoy a fun filled day out in KBowl with your special communion /confirmation boy or girl or indeed just come along and celebrate any occasion!

Why not add to the special day out with one of the all time favourite pizzas including Margherita, Pepperoni or the delicious KBowl Feast – a treat for everyone!

Why not order a platter of hot finger food to share (chicken bites, chicken wings, sausages, onion rings with wedges or chips and dipping sauces).

MEAL DEALS

Hot food meal deals are all also available along with the healthier option of a salad bowl of your choice – all freshly prepared and cooked in KBowl and served to you in KDiner or on the lanes while you bowl away and try for that 'strike!' – the choice is all yours and at great prices too.

As it's your special day – why not finish off your meal with a nice Star Slush of your choice with a great selection of flavours on offer.

WACKY WORLD PLAY AREA

Wacky World Play Area is perfect for the smaller kids with slides, climbing frames, ball pits and lots more so everyone can come along and have fun and celebrate this special day.

Don't let the fun stop there – bash away at the new big wave air hockey, play some pool, take a trip in the simulator, try out the new 'Typhoon' or just simply have fun with the great selection of video games – plus of course,



LEFT: Yunika Chu celebrates her birthday with friends and family at KBOWL, RIGHT: Twins Clodagh and Caoimhe celebrate their birthday in the party room at KBOWL PICTURES: AISHLING CONWAY



the ever popular 'grab' machines – there's lots to be won with movie and cartoon characters all 'up for grabs'!

SCHOOL TOURS

Planning your school tour – KBowl really puts the emphasis on fun for kids offering great school tour

packages starting with as little from €5 per child for bowling or the smaller kids can enjoy the fun in Wacky World Play Area with slides, climbing frames, ball pits and lots more!

Popcorn or hot food with soft drink packages are also

available - KBowl caters for large school groups so everyone can come along and join in the fun. Why not book your school tour, pick your teams and let the kids have fun, fun and more fun.

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really puts the emphasis on fun, comfort and convenience for everyone so come along and enjoy a great fun day out.

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Irish League of Credit Unions schools table quiz

Pictures: Tony Keane



Some of the organising committee, Michelle Kemmy, Colm Heslin, Breda Brophy, and Mary Ryan with Quizmaster, Michael Feely, at the Chapter 7 Irish League of Credit Unions School Quiz 2020 in Toughers, Naas on Sunday, March 1.



Jeremiah Moore, Dan Collins, Lorcan McGrane and Oscar Grace, Scoil Nicholas, Dunlavin NS.



LEFT: Daire Toft, Darragh Fitzgerald, Andy Najafi, Reeva Mooney, Kildare Town Educate Together NS. RIGHT: Jonathan Kenny, Darragh Murphy, Paidi Ryan and Jack Johnson, Lackagh NS.



Heidi Beary, Lucy Keenan, Grace Adams and Rebecca Fallon, Bun Scoil Bhríde, Rathangan.



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YEAR	MAKE	MODEL	TAX	ENGINE	SPEC	GEARBOX	COLOUR	MILES	PRICE	FINANCE FROM PER WEEK
DIESEL CARS										
181	OPEL	INSIGNIA	€200	1.6D	GRAND SPORT SRI 1.6 1 136PS 5DR	MANUAL	GREY	21,000	€23,950	€89
181	MERCEDES-BENZ	C-CLASS	€190	1.6D	180 D AVANTGARDE 4DR	MANUAL	BLACK	38,000	€27,950	€104
181	BMW	116 D	€200	1.5D	SE, AUTOMATIC, HEATED LEATHER SEATS, SAT NAV, ALLOYS, PARKING SENSORS	AUTO	COPPER	21,000	€25,950	€96
171	AUDI	A3 SAL	€190	1.6D	SAL 1.6 TDI 110 S LINE 4DR	MANUAL	BLACK	37,000	€24,950	€93
171	BMW	3 SER GT	€200	2.0D	GT AUTO, GLASS ROOF, 18"ALLOYS, REVERSING CAMERA, HEATED LEATHER SEATS, SAT NAV	AUTO	BLACK	48,000	€26,950	€100
171	KIA	OPTIMA	€190	1.7D	GSE, 18"ALLOYS, GLASS ROOF, HEATED LEATHER SEATS, SAT NAV, REVERSING CAMERA	MANUAL	GREY	38,000	€21,950	€78
171	VOLVO	S60	€190	2.0D	D3 SE 4DR	MANUAL	BLUE	70,000	€19,950	€74
171	SKODA	OCTAVIA	€180	1.6D	AMBITION 1.6 TDI 90HP 4 4DR	MANUAL	BLUE	68,000	€14,950	€55
171	BMW	520	€190	2.0D	520 D G30 SE 4DR AUTO, UPGRADED 18"ALLOYS, BEIGE LEATHER, SAT NAV, REVERSING CAMERA	AUTO	BLACK	33,000	€32,950	€126
171	SEAT	LEON	€200	2.0D	2.0 TDI 150HP FR 5DR	MANUAL	RED	43,000	€17,950	€67
162	MERCEDES-BENZ	A-CLASS	€200	1.5D	180 D AMG LINE 5DR AU AUTO	AUTO	GREY	31,000	€23,950	€89
162	CITROEN	DS3	€180	1.6D	DS 3 BLUEHDI 100 DSTYLE MY32 2DR	MANUAL	WHITE	32,000	€12,950	€48
161	AUDI	A6	€190	2.0D	2.0 TDI S LINE ULTRA 190BHP 4DR AUTO	AUTO	BLUE	71,000	€24,950	€93
161	VW	POLO	€180	1.4D	TRENDLINE 1.4 TDI 75HP MANUAL 5SPEED 5DR	MANUAL	BLACK	40,000	€11,950	€44
161	TOYOTA	AVENSIS	€190	1.6D	1.6 D LUNA NAV 4DR	MANUAL	WHITE	49,000	€15,950	€59
161	AUDI	A6	€190	2.0D	2.0 TDI S LINE S-TRONIC AUTO ONLY 53,000 KMS	AUTO	BLUE	32,000	€26,950	€100
161	AUDI	A4	€190	2.0D	2.0 TDI 150 S-TRONIC SE ULTRA, BLACK LEATHER, ALLOYS	AUTO	SILVER	33,000	SOLD	€85
161	VW	GOLF	€180	1.6D	COMFORTLINE, 110HP, PARKING SENSORS, BLUETOOTH, ADAPTIVE CRUISE CONTROL	MANUAL	SILVER	25,000	€15,950	€67
152	BMW	5 SER	€200	2.0D	520 D AUTO LUXURY G22TE	AUTO	GREY	55,000	€20,950	€78
152	MERCEDES-BENZ	C-CLASS	€280	2.1D	AMG SPORT PREMIUM, HEATED SEATS, REVERSING CAMERA, SAT NAV, 69,000 KMS	AUTO	BLACK	43,000	€18,950	€70
151	AUDI	A3	€190	2.0D	SPORTBACK 2.0 TDI 150 SE 4DR, HEATEDLEATHER SEATS, CLIMATE CONTROL, SAT NAV	MANUAL	GREY	36,000	€17,950	€67
151	RENAULT	FLUENCE	€200	1.5 DCI	LIMITED EDITION, SUNROOF, ALLOYS, PARKING SENSORS, BLUETOOTH	MANUAL	BLACK	53,000	€10,950	€44
151	MINI	ONE	€180	1.5D	5 DR, MINI ONE, BLUETOOTH, ALLOYS	MANUAL	BLUE	48,000	€12,950	€52
141	TOYOTA	COROLLA	€270	1.4D	1.4 D-4D LUNA 4DR	MANUAL	WHITE	88,000	€9,950	€41
141	MERCEDES-BENZ	B 180 CDI	€200	1.8D	CREAM LEATHER, ALLOYS, AIR CONM, BLUETOOTH	MANUAL	BEIGE	38,000	€14,950	€63
131	OPEL	ASTRA	€190	1.2D	S 1.3 CDTI ECOFLEX 95PS 5DR, FULL OPEL SERVICE HISTORY, 1 OWNER	MANUAL	SILVER	61,000	€7,950	€40
DIESEL ESTATES										
182	RENAULT	MEGANE	€190	1.5D	SAT NAV, PARKING SENSORS, HALF LEATHER, ALLOYS, ONLY 30,000 KM	MANUAL	RED	19,000	€18,950	€78
171	TOYOTA	AVENSIS	€200	2.0D	LUNA 140 BHP, REVERSING CAMERA, ALLOYS, BLUETOOTH	MANUAL	GREY	28,000	€19,950	
161	SEAT	LEON	€180	1.6D	ST 1.6 TDI 110HP SE S/S 5DR	MANUAL	BLUE	22,000	€14,950	€55
SUVS / 7 SEATERS										
181	BMW	2 SER	€200	1.5D		AUTO	BLACK	39,000	€28,950	€108
181	SEAT	ARONA	€190	1.6D	1.6 TDI 95BHP SE 5DR, HALF LEATHER/SEUDE SEATS, APPLE CAR PLAY, ALLOYS, BLACK ROOF	MANUAL	WHITE	45,000	€17,950	€67
181	RENAULT	KOLEOS	€270	1.6D	DYNAMIQUE S NAV DCI 130 4DR	MANUAL	BROWN	14,000	€27,950	€104
181	MITSUBISHI	OUTLANDER	2.2D	4WD	7 SEATER, HEATED BLACK LEATHER SEATS, APPLE CAR PLAY, REVERSING CAMERA	AUTO	GREY	17,000	€34,950	€130
171	FORD	KUGA	€200	1.5D	TITANIUM, NEW MODEL, HALF LEATHER, PRIVACY GLASS, PARKING SENSORS	MANUAL	BLACK	40,000	€20,950	€78
171	RENAULT	SCENIC	€270	1.5D	DYNAMIQUE S NAV IV D 4DR AUTO	AUTO	BLUE	46,000	€23,950	€89
171	RENAULT	KADJAR	€180	1.5D	DYNAMIQUE S NAV ENERGY 4DR	MANUAL	GREY	45,000	€17,950	€67
171	MITSUBISHI	OUTLANDER	€280	2.2D	4WD 7 SEATER, HEATED BLACK LEATHER SEATS, 18"ALLOYS, REVERSING CAMERA €280 ROAD TAX	MANUAL	BLUE	43,000	€27,950	€104
171	VW	TIGUAN	€270	2.0D	HIGHLINE 2.0 TDI 150HP AUTO, GLASS ROOD, DIGITAL CLOCKS, 18"ALLOYS, ONLY 19000 KMS	AUTO	BLACK	12,000	SOLD	€104
171	NISSAN	X-TRAIL	€280	1.6D	1.6 SV DP 5 SEAT WITH DESIGN PACK	MANUAL	BLUE	16,000	€22,950	€85
171	SKODA	YETI	€200	2.0D	OUTDOOR 2.0 TDI 11 110HP 4DR	MANUAL	GREY	39,000	€17,950	€67
171	NISSAN	QASHQAI	€200	1.6D	1.6 DSL 130 BHP SV, GLASS ROOF, 17"ALLOYS, BLUETOOTH, 1 OWNER, IRISH CAR	MANUAL	GREY	37,000	€18,950	€70
171	MAZDA	CX-5	€200	2.2D	2WD 2.2 D 150PS EXECUTIVE SE IPM 4	MANUAL	GREY	35,000	€21,950	€82
162	DACIA	DUSTER	€200	1.5D	SIGNATURE 1.5 DCI 110	MANUAL	GREY	58,000	€11,950	€44
162	BMW	218 D	€200	2.0D	218 218D SE ZA2K 4DR AUTO, HEATED BLACK LEATHER SEATS, 7 SEATER	AUTO	SILVER	43,000	€21,950	€82
161	TOYOTA	RAV4	€270	2.0D	RAV4 2.0 D-4D LUNA, ALLOYS, REVERSING CAMERA, 1 OWNER, FULL TOYOTA SERVICE HISTORY	MANUAL	GREY	52,000	€18,950	€70
161	MAZDA	CX3	€190	1.5D	2WD 1.5 D 105PS GT SL 4DR	MANUAL	RED	22,000	€17,950	€63
161	MINI	COUNTRYMAN	€390	2.0D	COOPER D AUTO, HALF LEATHER, 17"ALLOYS, PRIVACY GLASS, ONLY 53,000 KMS	AUTO	GREY	32,000	€19,950	€78
152	LANDROVER	DISCOVERY SPORT	€280	2.0D	2.0 TD4 SE, 19"ALLOYS, BLACK ROOF, PRIVACY GLASS, SAT NAV, LANE ASSIST	MANUAL	WHITE	50,000	€25,950	€96
151	BMW	X5	€390	2.0D	X5 M SPORT 7 SEATS, 20"ALLOYS, REVERSING CAMERA, XENONS, HEATED LEATHER SEATS	AUTO	BLACK	57,000	€40,950	€165
142	MERCEDES	GLA	€200	2.2D	200 CDI URBAN, 18"ALLOYS, BEIGE LEATHER SEATS, REVERSING CAMERA	MANUAL	BLACK	48,000	€18,950	€70
141	HYUNDAI	IX35	€280	1.7D	1.7 EXECUTIVE 4DR	MANUAL	SILVER	75,000	€12,950	€48
141	HYUNDAI	IX35	€280	1.7D	1.7 EXECUTIVE, 17"ALLOYS, HALF LEATHER, REVERSING CAMERA	MANUAL	SILVER	54,000	€14,500	€53
141	FORD	KUGA	€280	2.0D	TITANIUM 2.0 TDCI 140PS, HALF LEATHER, ALLOYS, PARKING SENSORS	MANUAL	BLACK	67,000	€14,950	€55
11	BMW	X3	€750	2.0D	X3 XDRIVE20D SE WY32 5DR AUTO, SAT NAV, HEATED CREAM LEATHER SEATS, PDC	AUTO	SILVER	49,000	€15,950	
PETROL AND ELECTRIC CARS										
191	OPEL	INSIGNIA	€270	1.5	GRAND SPORT SC 1.5 1 1 140PS, ONLY 6,000 KMS	MANUAL	RED	4,000	€23,950	€89
182	MINI	COOPER		1.5	COOPER, BLACK LEATHER, UPGRADE WHEELS, PARKING SENSORS	MANUAL	WHITE	16,000	€21,950	€82
182	NISSAN	LEAF	€120	0	40K EV SV 40KW '18 4DR AUTO	AUTO	WHITE	19,000	€26,950	€100
181	RENAULT	CLIO	€270	1.2	IV DYNAMIQUE NAV 1.2 PETR 4DR	MANUAL	BLUE	17,000	SOLD	€48
181	SEAT	IBIZA	€190	1	1.0 TSI 95BHP XCELLENCE 5DR	MANUAL	PURPLE	9,000	SOLD	€52
181	NISSAN	QASHQAI	€270	1.2	1.2 SV 18 4DR	MANUAL	GREY	16,000	€21,500	€80
181	NISSAN	QASHQAI	€270	1.2	1.2 SV, GLASS ROOF, SAT NAV, REVERSING CAMERA, ALLOYS	MANUAL	BRONZE	36,000	€20,950	€78
181	FORD	FOCUS ST-LINE	€190	1	ST-LINE 1.0 ECOBOOST 125PS 6SPEED	MANUAL	RED	24,000	€19,950	€78
172	KIA	STONIC		1.4	K3, SAT NAV, REVERSING CAMERA, ALLOYS, HALF LEATHER	MANUAL	BLACK	28,000	€17,950	€67
171	VW	JETTA	€270	1.4	HIGHLINE 1.4 TSI MANUAL 125 BHP, SAT NAV, REVERSING CAMERA, 18"ALLOYS, HALF LEATHER	MANUAL	BLUE	52,000	€17,950	€67
171	HYUNDAI	TUCSON	€390	1.6	IX35 1.6 COMFORT PETROL 5DR	MANUAL	BROWN	26,000	€18,950	€70
171	VW	PASSAT HIGH LINE	€200	1.4	HIGHLINE 1.4 TSI 150 BHP VIRTUAL COCKPIT, HEATED LEATHER SEATS, PRIVACY GLASS, IRISH CAR	MANUAL	SILVER	55,000	€21,950	€85
141	AUDI	A3	€200	1.2	1.2 TFSI 105 SE 2DR. HALF LEATHER, CRUISE CONTROL, BLUETOOTH, ALLOYS, ONLY 78,000 KMS NCT 11/21	MANUAL	BLACK	48,000	SOLD	€52
COMMERCIALS										
192	NISSAN	NV300	€333	1.6D	NISSAN NV 300, 1.6DCI 120PS SV. PRICE INCLUDES VAT	MANUAL	BLACK	5,000	€21,950	€82
172	DACIA	DUSTER	€333	1.5D	COMMERCIAL SIGNATURE 1.5 DCI 4WD, PRICE INCLUDES VAT	MANUAL	WHITE	25,000	€10,950	€55

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LIFESTYLE



KWWSPCA

ANIMALS IN NEED

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WHAT TO DO WHEN YOU COME ACROSS A STRAY DOGS

The KWWSPCA is often contacted by people who have found a stray dog. But the KWWSPCA and other animal charities are not legally allowed to take stray dogs into their care.

“By law, all stray dogs must go to a dog pound in the area where they were found,” said Sally McCaffrey of the KWWSPCA. “They have to stay there for at least 5 working days to allow the owners a chance to reclaim them. If no owner comes forward in that time, the KWWSPCA or another Animal Rescue is allowed to take them and legally rehome them. Between a third and a half of all the dogs rehomed by the KWWSPCA are from the Kildare Dog Pound, which in 2019 was well over 100 dogs”.

“The Kildare Dog Pound and most other dog pounds in Ireland now only put to sleep a very small percentage of the stray dogs that come into their care and these are the dogs that have been killing livestock or are considered too dangerous to be rehomed” noted Sally.

If you find a dog, check for a tag on the collar with the owner’s address and/or phone number. If the animal does not have a tag, it should be taken to a vet to be scanned for a microchip. If there is no microchip, the best option to find the owner is to go round the area asking people if they recognise the dog and you should get the dog’s photo and information onto Facebook.

Send a photo, details of where the dog was found and a contact phone number to the KWWSPCA, the ISPCA, Lora Lost Dogs, Wicklow SPCA, Lost and Found Dogs



Cola, Dog of the Week is 9 years old, very affectionate and would make a great family pet

Co Kildare and Lost and Found Pets Kildare.

“Facebook pages are very successful at reuniting lost pets with their owners,” stated Sally.

You should also call the Dog Warden (for Kildare 059 86 23388 and for Wicklow 0404 44873, 086 277 1695/086 384 6430) and they will either collect the dog from you or ask you to take the dog in. The Kildare Dog Pound is open between 10am and 12.45pm on weekdays only; the Wicklow Dog Pound is open from 11am- 12.30 and from 3-4pm Monday to Friday; 10am-12noon on Saturdays.

CAT OF THE WEEK - CHARDONNAY

(Auto, last week’s ‘Cat of the Week’ has found himself a lovely new home.) Chardonnay is one of the 15 kittens that were dumped together in October in a yard in Athy. She is the last to be rehomed and she needs a special family. She is now 7 months old and is living in a foster home but we would love to find her a forever home. She needs to be an indoor cat with no small children as she is quite a nervous cat.

She also needs to have a sensitive diet as she gets an upset stomach from normal cat food. She’s very friendly once she gets comfortable with you and would make a lovely domestic pet. She has

been spayed, vaccinated and treated for worms and fleas. Please call 086 175 1841 if you would like to meet her and offer her a home.

DOG OF THE WEEK - COLA

Cola is an older Springer Spaniel who would love to find a nice retirement home. She is 9 years old and in the whole of her health, is active and lively, loves to run and chase balls, loves cuddles and attention and is very affectionate. She is good with other dogs. She loves her walks and is good, although a little strong on the lead.

Cola is quite overweight so will need a good diet and plenty of exercise to get her slimmed down; she has already lost some weight and is looking good. She is neutered, chipped and vaccinated (chip number 968000005691182). She is living at our shelter outside Athgarvan Co Kildare, Eircode W12EV60 if you would like to meet her with a view to adoption. Opening



Chardonnay still seeking a forever home

times Monday to Saturday 1-3 pm.

With expressions of interest email kwwspca@gmail.com or contact 087 127 9835, or call to the shelter. We ask for a minimum donation of €150 to offset veterinary and other

costs, a dog licence and collar tag are required to complete the adoption. A secure garden is needed and a home visit applies.

HELPLINE - 087 127 9835
E: [KWWSPCA@GMAIL.COM](mailto:kwwspca@gmail.com)
WEBSITE:-WWW.KWWSPCA.IE

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LIFESTYLE



Tammy, Christopher, Oisín and Brendan Lane



Toby Loughlin



Sean McCafferty

Out & About

CONFIRMATION DAY AT ST CORBAN'S, NAAS

Pictures: AISHLING CONWAY



Toby Loughlin with his family Emmett, Christina, Ben and Lucy



Fionn Kelly with his family Deirdre, David, Grace and Molly



Sean McCafferty with his family Anita, Tara, Sarah and Seamus

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LIFESTYLE



Valerie Kelly, Betty Law, Helen Durney, Marion Kinsella and Sheila Darcy pictured at the fundraiser for ill Newbridge man Pa Keogh at Moorefield last Saturday night, with music by Johnny Peters and the Dmac band



Geraldine Hurley, Patricia Moorehouse, Colette Martin, Claire O'Keeffe, Mary Flynn and Veronica Donnelly

JOHNNY PETERS AND THE DMAC BAND PLAY PA KEOGH FUNDRAISER

Pictures: AISHLING CONWAY



LEFT: Geraldine Bowdren, Noleen Boylan and Mary Archbold



RIGHT: Tracey and Matt Murphy



Ann Bracken, Mary Nolan, Liz Keogh and Grainne Cornally

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NEWS

Vista Primary Care is in good health for Punchestown Festival

With just eight weeks to go to the 2020 Punchestown Festival the home of Irish jump racing welcomed Vista Primary Care to the sponsorship ranks at Ireland's premier national hunt fixture.

The €50,000 Vista Primary Care Steeplechase is the second race on the final day of the event, Saturday, May 2. The €25 million Vista Primary Care facility is the largest of its kind in Ireland and is owned and operated by the Roche Family.

Vista is considered a centre of excellence with a large range of consultants and anchor tenants including K-Doc, the HSE, Tusla and Affidea offering x-ray, MRI and radiology services.

Vista is a one stop shop for all primary health care services for both private and public patients.

The on-site Vista Pharmacy is unique in the sense that it is Ireland's only pharmacy that offers a late night service until midnight 365 days of the year.

Located just three kilometres from the racecourse the world class medical facility benefits from the hands-on management approach of the Roche Family. Ger Roche together with his wife Annette are at the helm whilst son Eoin is the facilities manager, daughter Eadaoin is key to the financial department, Claire is the onsite pharmacist whilst P.J. and Stephan are members of the catering team.

Celebrating 12 years in business this year Ger Roche, MD of The Roche Group reflected on the links between Vista and Punchestown "Both Vista and Punchestown



Annette and Ger Roche of Vista Primary Care Naas with Punchestown Commercial Manager Janet Creighton at Punchestown Racecourse to announce Vista's sponsorship of a fixture at this year's national hunt festival

share the common ground of community in Kildare. We welcome all ages and demographics with a wide and varied medical service available. Punchestown hosts the flagship sporting and social event in the region. We are businesses that are made by people for people. Well in excess of 200,000 visitors avail of Vista Primary Healthcare services each year."

Janet Creighton, Punchestown Commercial Partnerships

Manager, welcomed Vista primary Care to the sponsorship ranks. "In around eight weeks time Punchestown will welcome over 125,000 people through the gates for a celebration of all that is great about Irish sport, entertainment and hospitality. Both the commercial and domestic community in Kildare are invaluable to the success of the festival and make up a bulk of clients and supporters. These same

communities and people are catered for by a top class medical service whenever they should require it in Vista Primary Care. Better again it is a family run business. Vista is a flagship medical facility that we are proud to team up with for Punchestown 2020".

The 2020 Punchestown festival takes place from Tuesday, April 28, to Saturday, May 2. Tickets and event information available at www.punchestown.com

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Sergeant Tom O'Donoghue addressing the Kilcullen meeting last week

Kilcullen crime awareness night

A really informative and well attended community crime prevention meeting was held last week in Kilcullen.

Cllr Tracey O'Dwyer stated: "Lots of helpful tips were given to keep your home safe with the over-riding message - 'light up and lock up!' The community text alert system really does work and is the quickest and most effective method of notifying neighbours of issues. If you haven't already signed up, I would encourage you to do so. Forms can be picked up at the offices of Kilcullen Credit Union or from Kilcullen garda station".

Cllr O'Dwyer added: "Thank you to Sabina Reddy and Garda Jon O'Brien for organising the meeting and to Superintendent Oliver Henry and all the gardaí in attendance at the meeting. We are very lucky in Kilcullen and

surrounding townlands to have seven community focused gardaí. Keep up the great work".

Sabina Reddy stated: "We were delighted to have Supt Oliver Henry and Inspector Anthony Connaughton, along with Sergeant Tom O'Donoghue (all Naas GS) attend last week's meeting along with Sergeant Gavin Dunphy (Community Policing Kildare) and garda Sean O'Mahony (Community Policing, Athy). Four gardaí attached to Kilcullen station attended: Jon Brien, Jim Lacey, Joanne O'Sullivan and Annmarie O'Neill; also garda Sean O'Mahony (Community Policing, Athy)."

There were very useful tips and advice on home safety and crime prevention, this was a joint collaboration between Kilcullen Community Text Alert and local gardaí.



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LIFESTYLE



Taylor Cullen, Holly White Dowling, Ami Birrell, Zoe Murphy, Cali Scanlon and Tony Finan

Out & About

ST CONLETH'S PANTO TROUPE ENJOY NIGHT AT KBOWL

Pictures: AISHLING CONWAY



St Conleths Panto Cast at KBowl



Hannah and Amy Canavan



Laura Gaine, Aoibhinn Carty, Muireann O'Donnell and Béibhinn Carins



Michael F Malone, Ciara Regan, Megan Armstrong, Lily Delaney, Keelin Broderick, Ruby Greenan, Katie Philips and Maisie Gordon



Ella Cullen, Lucy Collins, Grace Regan, Cillian Jordan, Daisy Mae O'Donohoe, Anna Cullen and Lily Dervan



Leah Murphy, Ciara Ryan, Sinead Mahony and Ava Kidd



Laura Gaine, Aoibhinn Carty, Muireann O'Donnell and Béibhinn Carins

NEWS

Two Maynooth scientists honoured at Áras an Uachtaráin

KIM O'LEARY
editor@kildarepost.ie

President of Ireland Michael D Higgins earlier this week honoured two Maynooth University scientists, Assistant Prof Joanne Masterson and Assistant Prof Eóin McNamee, at a special ceremony in Áras an Uachtaráin in Dublin.

Dr Masterson and Dr McNamee, who are married to each other, started out as science undergraduates in Maynooth University over twenty years ago, specialising in the field of biology and inflammatory disease. On Monday, 2 March they were among ten recipients of the SFI President of Ireland Future Researchers Award.

The SFI President of Ireland Future Research Leaders Programme recruits and retains outstanding and emerging early career research leaders with exceptional accomplishments in scientific and engineering domains.

Dr Joanne Masterson is an Assistant Professor in the Department of Biology and the Kathleen Lonsdale Institute for Human Health Research, where she leads the Allergy, Inflammation and Remodelling Research (AIRR) laboratory. She

received an award of €1,572,600 for her research on the rapidly emerging allergic disease, Eosinophilic Oesophagitis, which is a chronic clinicopathologic allergic gastrointestinal disorder, and an increasing clinical problem.

Although immense efforts have been invested in understanding the clinical course and natural history of this emerging disease, to date there is a paucity of therapeutic modalities and no cure. Her research is entitled, Transcriptional Mechanisms Controlling Epithelial Cell Fate Determination during Allergic Esophageal Inflammation in Eosinophilic Oesophagitis.

Dr Eóin McNamee is an Assistant Professor and the Principle Investigator of the Mucosal Immunology Research Lab in the Department of Biology and the Kathleen Lonsdale Institute. He received an award of €1,488,046 for his research on MicroRNA control of Mucosal Inflammation, which is linked to Crohn's disease & Ulcerative Colitis.

The inflammatory Bowel Diseases (IBD; namely Crohn's disease & Ulcerative Colitis) affects 2.5 million people in Europe (up to

40,000 in Ireland), with limited treatment options and no cure.

Dr Joanne Masterson said: "Receiving this prestigious SFI President of Ireland Future Research Leaders Award has allowed me to move the research programme that I had established at the University of Colorado School of Medicine back to Ireland, and recruit an international and interdisciplinary team of researchers to work together on our state-of-the-art, globally competitive research.

"This will place Ireland at the forefront of global research into the development of Eosinophilic Oesophagitis and will support the scientific talent of tomorrow in this challenging area of rapidly emerging allergic diseases.

"It is even more exciting that I get to share this day with my husband Eóin McNamee who is also receiving his own Future Research Leader Award today. These awards allow us to continue our scientific journeys together, that began over 20 years ago as curious and determined undergraduate science students at Maynooth University."

On receiving the award, Dr

Eóin McNamee said: "I am delighted to receive the SFI President of Ireland Future Research Leaders award which will allow me to establish a cutting-edge research program at Maynooth University.

"This substantial funding will enable me to recruit an interdisciplinary team of scientists to explore the underlying causes of inflammatory bowel diseases and to test novel therapeutic approaches."

Maynooth University Vice-President for Research and Innovation, Prof Ray O'Neill, congratulated Dr Masterson and Dr McNamee on their awards: "Dr Masterson and Dr McNamee are two outstanding scientists, and I warmly congratulate them on these awards. Their successes speak volumes about the importance and strength of life sciences research at Maynooth."

Dr Ruth Freeman, Director of Science for Society, Science Foundation



President Michael D Higgins as he chats with husband and wife Prof Eoin McNamee and Dr Joanne Masterson, both of Maynooth University PICTURE: MAXWELL PHOTOGRAPHY

Ireland said:

"Science Foundation Ireland's overarching aim is to contribute to the betterment of our society and economy through the transformative research we support.

"The SFI President of Ireland Future Research Leaders Award recognises outstanding new research leadership and talent.

"I am delighted to see the

ten awardees choosing to come to Ireland to continue their work and congratulate them on their achievements.

"We are dedicated to supporting research leaders with ideas to drive innovation and assist Ireland and the world in meeting the many challenges we face, from climate change, supporting healthy ageing and understanding the universe," she concluded.

Sallins Business Association to host AGM next week

Sallins Business Association will host its annual general meeting and networking event next week, on Thursday, March 12 at 8pm. It will be held upstairs in Lock13 Gastro-Brewpub. The AGM will commence at 8pm for all full members followed by the networking event where everyone is welcome. New members are welcome, and the event offers an opportunity to meet and mingle with current SBA members and see the benefits of joining this active business community. Current members can renew their membership on the night; membership will remain at €60 until 31 January 2021.

Benefits of membership include access to the following opportunity to meet new business contacts; a chance to showcase your own business; access to training/support; joint marketing opportunities; support local businesses; business listing and profile on the SBA website; attend regular business networking meetings; add your voice on local issues – and of course, it's a great social outlet. All businesses from #Sallins and the surrounding areas are welcome to attend and there is no charge to attend on the night. We are a very friendly bunch but if you feel more comfortable bringing a colleague with you on the night, that is fine," said Louise Higgins of the SBA. "Our intention is to widen the committees to incorporate new members and



ensure members issues and needs are addressed through training programmes, site visits, network meetings, relevant presentations and workshops.

"Sallins is currently in a transition phase, with the completion of the bypass and the Green Way en route, there will be many exciting opportunities for businesses in the area to benefit, from both. As with any association, everything we do is voluntary and new members with fresh ideas are always welcome," added Louise.

For further information, contact Louise at 086 399 9926.

Upcoming Events

Garth Brooks Tribute Night:

Trevor Smith & Friends in Low Places

Monday March 16th

Show Only: €27.50 | Supperclub: €55.50



St. Patrick's Family Fun Day

Tuesday March 17th

Trad Music all day from 12.30pm

Complimentary Face-painting

Mini Disco & Games

Food Served all Day



ABBAesque: Mother's Day Weekend

Saturday March 21st

Show Only: €22.50 | Supperclub: €50.50



The Complete Beatles Tribute

Friday April 10th

Show Only: €22.50 | Supperclub: €57.50



Easter Sunday Family Fun Day

Sunday April 12th

Music all day from 12.30pm

Complimentary Face-painting

Mini Disco & Games

Food Served all Day



The Dubliners Tribute Night

Friday April 24th

Tickets: €25



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LIFESTYLE

'TIPS FOR BRIDES' AUTHOR AND FASHION DESIGNER VISITS PAMELA SCOTT AT WHITEWATER SC

Pictures: MARTIN CONNELLY

Fashion designer and debuting author Asta Jakobson visited Pamela Scott in Whitewater Shopping Centre, Newbridge on Saturday last.

Ms Jakobson has recently released a book, 'Tips for Brides' in which she shares her tips and tricks on

how to pick a perfect dress for your shape and size.

Published by AuthorHouse UK, Ms Jakobson's bridal guide is available to purchase on Amazon and her visit coincided with Saturday 29 February being a leap year. Volunteers and supporters of

Kildare Derby Festival modelled some fashion attire available at Pamela Scott's in the popular Co Kildare shopping centre. The guest author gave some free style lessons, along with a catwalk presentation, prizes and discounts on the day with Pamela Scott.



L-r: Sally Purcell, Ann Loughlin, Ciara Taheny, Hannah Connolly, Maureen Stewart, Asta Jackubson, Asta Fashions (author of 'Tips for Brides'), Richard Barron (Pamela Scott), Ger Scully (Manager Pamela Scott), Elaine Gilroy, Fiadh McCormack, Denise and Heidi McCormack, Niamh Kelly and Ann Fitzpatrick



Sally Purcell, Ger Scully (Manager Pamela Scott), Asta Jackubson of Asta Fashions and author of Tips for Brides with Richard Barron (Pamela Scott)



Maureen Stewart modelling an ensemble for the more mature wedding guest



Ger Scully (Manager Pamela Scott) with model Niamh Kelly



Fiadh McCormack, Elaine McCormack, Denise Spencer, Aoihe McCormack and Heidi Spencer .



Hannah Conlan and Ciara Taheny lloking divine in these full length gowns in pale blue



Niamh Kelly on the red carpet!

STYLICIOUS



GABOR yellow trainer €110 available at Fabucci of Naas



MARCO MOREO; navy patent classic loafer with jewellery trim

Marian grey snakeskin ankle boot €169.99

GET FIT AND LOOK FASHIONABLE IN FABUCCI'S FAB NEW RANGE OF TRAINERS, SNEAKERS AND LOAFERS!

Check out the bootilicious new range of ankle boots, flats, stylish heels and ballet shoes. And this year, there's no filter on colour at Fabucci!

STYLEFILE

ROSE BARRETT O'DONOGHUE

Your weekly Fashion and Beauty News fix!
For PR or general enquiries, contact us at editor@kildarepost.com



Getting fit, having fun, looking good



GABOR apple green fashion wedge trainer 'Wisdom', €110



MELINE silver leather trainer which retails at €125, available from Fabucci of Naas

As we move into a brand new season and a brand new decade, that's something to celebrate so Fabucci HQ in Naas are really excited about the season ahead! See here the divine footwear from funky boots to dainty ballet shoes; from leopard prints to snake skin, there's no limit to the textiles and colours in this year's collection!

BOOTILICIOUS:

"We feel everyone needs a 'go-to Spring' boot!" says Deirdre of Fabucci. "You should be on the lookout for an ankle boot with western style to it. You can slip into it right now with jeans, a boot to take you out of your dark Winter mode. How about a cute animal print boot? It has the wearability of a neutral but way more personality. Check out our grey snakeskin booties from our Marian

collection €175, available both instore and online at www.fabucci.ie

"Now if you don't fancy a print, a rich tan suede in a boot is a great neutral colour and a great investment buy. They'll be your best friend when it comes to wearability in spring, summer or autumn, they'll never go out of fashion. Amy Huberman's tan suede boot 'The More the Merrier' costs €129.99 and has just enough western detailing to keep them exciting. But they're not over the top so you can wear them with absolutely everything!

"And how about a Metallic boot? To say they're having a bit of a moment would be an understatement but we've found the perfect everyday way to wear your metallics at Fabucci", says Deirdre.

"Amy Huberman's ankle

boot 'Here Mr Jordan' costs €129.99 in crackle leather, and is the ideal pair that you can wear right now with jeans and your floral midi dresses. You can wear them with a chunky knit or cardi too, leggings or jeans and you're good to go".

TRAINERS AND SNEAKERS:

While there are plenty of new colour trends, Deirdre maintains they are seeing sunny shades of electric yellow and apple green on repeat.

With sneakers or fashion trainers still bang on trend, Fabucci are carrying the leading brands in new exciting, bold hues. See Gabor's cool wedge trainer in yellow suede or apple green, available at Fabucci of Naas - "Accent your look with these bold colours and feel the colour inject energy into your style," enhusus

Deirdre.

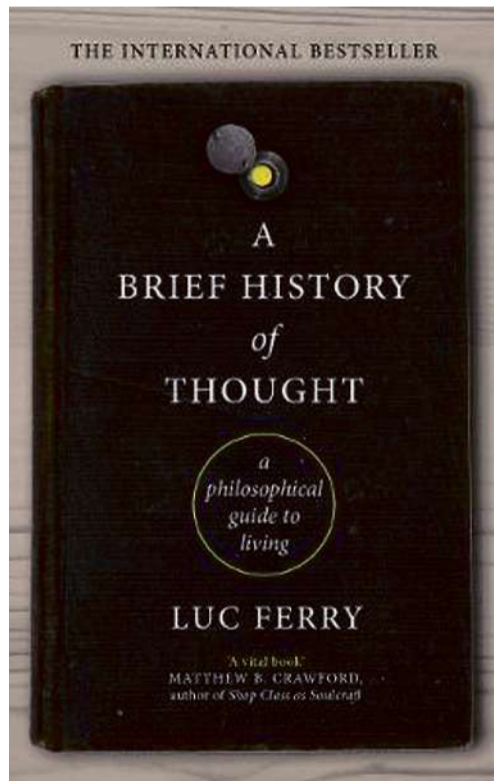
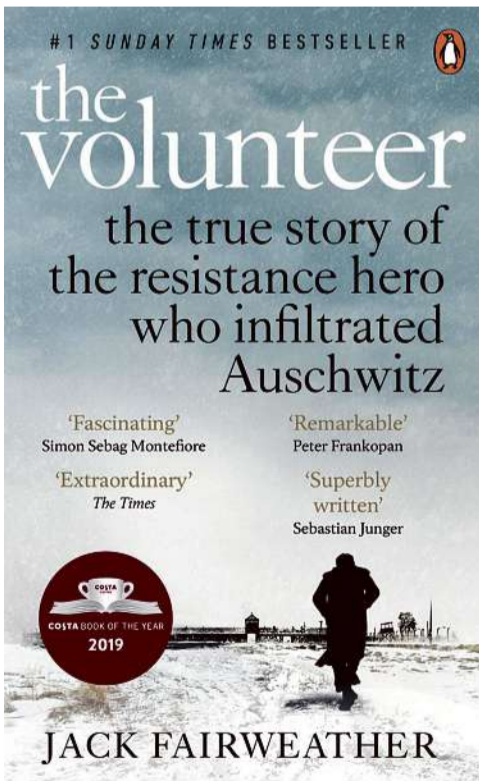
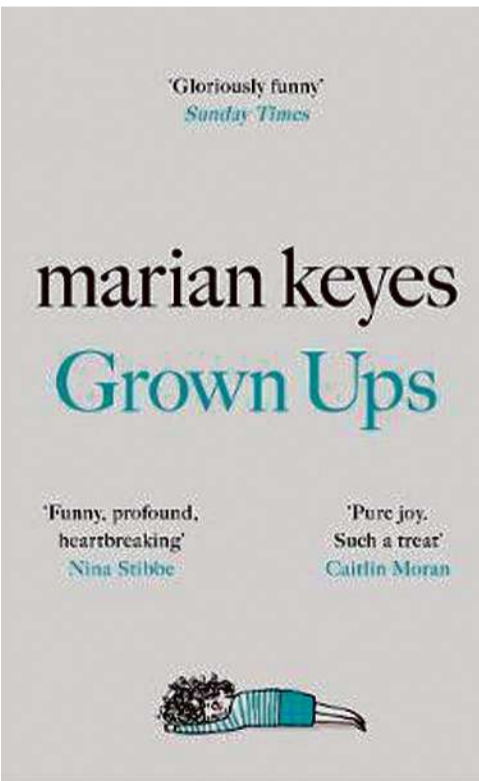
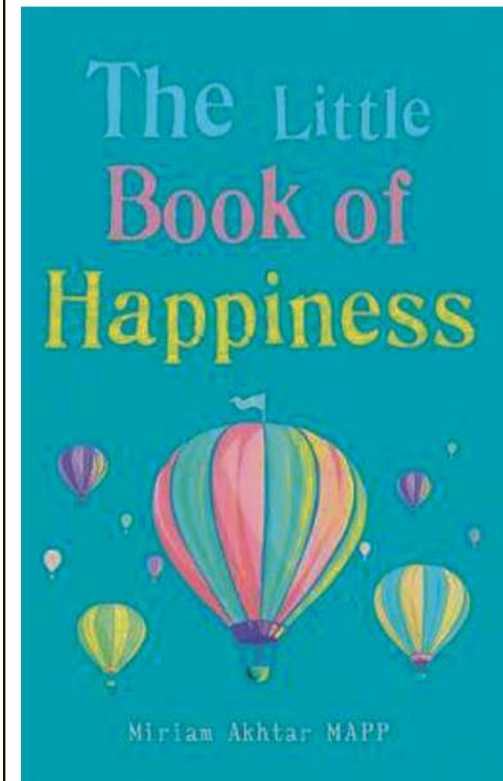
FEELING THE SHINE

The easiest way to embrace the glitter fad is to balance it with clean neutrals and solid-coloured basics. "Load up with metallics in a cool casual way such as our soft leather trainers from our Italian Collection by Meline, cost: €125. Pair these with a pleated skirt or jeans and a simple t-shirt for a stylish (but on trend) laid-back look".

LOAFING IN LOAFERS

"Since '70s fashion has emerged as one of the biggest trends of the season overall, it's no surprise that loafers were spotted all over the runways," added Deirdre. "There are plenty of ways to adopt them. Wonders (Handcrafted in Spain) have taken the classic loafer look, added a little extra 'oomph' by giving it a chiselled toe - a nod

New books on our website every Friday as soon as they hit our shelves in-store. www.barkerandjones.ie



STYLE FILE



WONDERS White patent loafer with buckle detail €135



GABOR leopard print ballerina shoe €109.99



MARIAN grey snakeskin ankle boot, €169.99 as featured on Stylicious lead page



As above, WONDERS patent loafer in toffee colour



MARCO MOREO Pale pink patent classic loafer with beaded trim (Lynn) - available at Fabucci of Naas



MARIAN pink and red tone leather stiletto €119.99

to the classic square toe of the 70's - and a little extra heel. Available in white or toffee and in the softest of patent leather, cost: €135".

For your classic Italian style, Deirdre recommended Marco Moreo's summer loafer which comes in a soft pink patent or classic navy, retailing at €175.

BALLERINAS MAKING A COMEBACK

Pretty leopard print ballerinas by Gabor cost €109.99, will add loads of personality to your outfit, especially if it's a plain, mono themed ensemble.

"In addition, they've got a padded insole, soft leather lining and a flexi rubber sole adding extra comfort points for those always-on-the-go days," added Deirdre.

COLOUR CLASHING

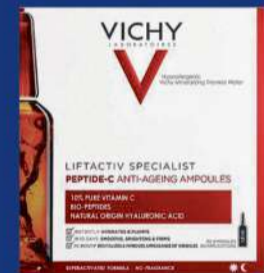
"One of the big trends we're seeing on the street style scene right now is clashing colours. While it might sound hard to pull off, it's surprisingly easy" said Deirdre. "Pink and red might sound too saccharine, but it just works. The bolder, the better! Check out our Marian two-tone leather pointy toes costing €119.99".

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FASHION FIX

OASIS



• Red and Black flower dress €59
• White trainers €34



• Red and Black flower dress €59
• Denim jacket €59



• Black denim jacket €59
• Black flower mini dress €72



• Black flower mini dress €72



• Green dress €67

St. Patrick's Day Celebrations at Whitewater

10am Face-painting before the parade

2-4pm Face-painting & Irish Dancing Showcase

White Water Shopping
Newbridge, Co. Kildare

For more info see Whitewater.ie

OASIS

FASHION FIX



• Green dress €67
• Leather jacket €77



• Long black flower dress €72
• Belt €21



• Green cardigan €44
• Jeans €52
• Belt €21
• White trainers €34
• Pearl Hairband €8



• Floral dress €87
• Gold bag €24



• Pink top €46
• Black jeans €59

St. Patrick's Day Celebrations at Whitewater

10am Face-painting before the parade

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White Water Shopping
Newbridge, Co. Kildare

For more info see Whitewater.ie

'Amazing' experience for Kildare mother and business woman

ROSE B O'DONOGHUE
editor@kildarepost.com

A familiar face perhaps to the business community of Co Kildare, Noreen Doyle, founding director of The Irish Biltong Co (who once rejected an offer from the infamous TV Dragons), was one of the key speakers at a gala fundraiser in New York last week.

PRO for Network Ireland Kildare branch and well known as the other half of John Doyle of Haynestown Meats, it was in her capacity as a mother that Noreen joined guest speakers including former Taoiseach, Enda Kenny and professional golfers Graeme McDowell and Pádraig Harrington at the Best of Ireland Gala Night in New York.

John and Noreen Doyle are parents of two children who were diagnosed with childhood cancers, their son James being diagnosed with childhood leukaemia at two years of age, and Kate some years later when she was six years old.

Happily both are fully recovered and now aged 15 (James) and 10 years (Kate) respectively.

"It was in my capacity as a mother who has reaped the benefit of clinical trials and research into childhood cancers that I spoke at the gala event which was hosted at Manhattan Athletic Club in New York last week", said Ms Doyle who was completely in awe of the amazing support and hospitality extended at last

week's benefit night.

Over 50 years ago, the Children's Medical and Research Fundation (CMRF) was established in Ireland with the sole aim being to promote and raise funding for paediatric research. Ireland has since established itself as an international hall of excellence and innovation in paediatric medicine.

With a limited gene pool and with very little genetic variation, this fact alone places Ireland in a unique position to carry out research on the root causes of childhood disease.

"Since 2012, the Best of Ireland Gala Dinner has helped raise almost six million dollars for paediatric research into childhood cancers," she said. "We've been on the journey of the upgrading of St John's Ward in Our Lady's Children's Hospital, Crumlin and our children James and Kate have thus benefitted".

Ms Doyle was high in praise of the close knit partnership forged between CMRF in Ireland, the G-Mac Foundation founded by professional golfer Graeme McDowell and the Ireland Funds, all of which demonstrates the power that people and organisations can make, when they work together towards a resolution.

"Focused on delivering a child centre and research model that is inclusive of the needs of children and representative of the challenges they face, the research fund and the Best of Ireland is working to



making it easier for children battling ill-health" she said.

"Incredibly, the aim last week was to raise \$250,000 for one clinical trial. However, an amazing \$820,000 was raised - with further monies due. That will make such a difference, and possibly see at least 3-4 children avail of clinical trials."

Ms Doyle is also secretary to 'Bumbleance', which under the umbrella of the Saoirse Foundation, provides dedicated ambulance services for the transportation of children - and the service is totally self funded.

ABOVE: Event MC chats to professional golfers Pádraig Harrington and Graeme McDowell at the benefit night in support of clinical trials and research into childhood illnesses last week
RIGHT: Business woman, voluntary worker and mother, Noreen Doyle addressing the event



The Other Side of the Coin

Treating Food Allergies with Acupuncture

Sharing the ancient wisdom that is Chinese medicine



Every time we see an acupuncturist or doctor and fill out a patient history, there is always a question about allergies, especially drug and food allergies.

Since drug allergies can be life threatening, there is a lot of attention paid to them. Some food allergies can also produce a severe reaction, called anaphylactic shock, or even cause death, but this is a rare occurrence. Food allergies can produce a wide variety of symptoms, some acutely uncomfortable, others subtle and hard to pin down.

With seasonal allergies, like hay fever, or a reaction to a specific thing, like bee stings or animal fur, we are usually aware of what the problem is. But with food allergies, people often don't know what is causing their discomfort.

They go along for years with headaches, fatigue, breathing problems or some other symptom, and are not aware that food allergies

could be the source of their problem.

This article will explore the causes of having an allergic reaction to food. But before we go any further, I would advise that no one eats bread, especially that made from wheat, wheat originally was to feed livestock, but humans got the idea that if we grind it down to a fine powder then maybe we could eat it, more on this later.

Delayed Reaction

One reason that food allergies can be very hard to diagnose is because the symptoms are not just one thing, like hives or sneezing, but can be a systemic reaction.

A person could have gastrointestinal tract symptoms, a respiratory system disorder, or even cardiovascular involvement.

Another difficulty with detecting food allergies is that there can be a lag time -- sometimes it takes several days or even several weeks for a reaction to develop. People

with food allergies quite often find that they have developed an allergic reaction to multiple foods. It's not much fun. And besides that, a very restricted diet can have harmful long-term health consequences. They do not get enough nutrients, and develop many other health problems.

Acupuncture and Chinese herbal medicine can be very effective in treating this problem. It focuses on treating the underlying imbalance that produces the symptoms of food allergy.

It can reduce the body's negative reaction to foods, support the functioning of the internal organs, and improve the immune system as well as balancing the digestive system.

The Traditional Chinese Medical Approach

Of course, the easy and simple solution for a food allergy is to avoid the food you're allergic to. But with multiple food allergies, it is almost impossible to

eliminate whole categories of foods from the diet.

The answer is to rebuild the body's capacity to respond normally to food.

Chinese medicine sees the body as interacting organ systems, and also as a system of energy pathways, or meridians, that connect all parts of the body.

Deficiencies or disharmonies in the organs or meridians can be the basis of multiple food allergies.

When you visit your Chinese Medical practitioner he/she will assess through a detailed consultation process the actual state of your health and from this information choose a prescription of acupuncture points and herbs to remedy your health imbalance which in turn will resolve your allergic reactions.

Skin Care

The two organ systems most involved with food allergies are the Lung and the Spleen. In addition to breathing, the Lungs are responsible for

circulating defensive Qi (immune system energy) at the level of the skin.

Therefore, any allergic reactions involving the lungs or skin (hives, eczema, nasal congestion, cough, asthma) indicate that the Lung organ system or meridian needs support. Be very careful also of what you put on your skin most products in moisturising lotions/creams are laden with toxins which may/could cause allergic skin reactions.

You see, your skin is not only your largest organ - it's also the thinnest. Only 1/10th of an inch separates you from all sorts of toxins. Your skin is highly permeable, allowing what you apply to your skin access to your bloodstream and thereby to the rest of your body.

Always use this simple rule of thumb never put anything on your skin that you wouldn't be willing to eat.

Apart from the allergic reactions that pampering your skin with 'beauty'

products may cause, these products are laced with toxins and this is just simply playing Russian roulette with your health.

The Spleen, with its partner the Stomach, is responsible for digestion, and for transforming food into Qi and blood. The Spleen meridian has an outlet in the face and mouth.

Symptoms such as nausea, vomiting, diarrhoeas, abdominal pain, fatigue, and swelling of the lips, tongue, and throat indicate a Spleen imbalance. A Chinese medicine practitioner will select acupuncture points and herbal formulas that support the functioning of the organs, dispersing unhealthy excess patterns and nourishing deficiencies. If a person has been suffering with food allergies for a long time, it may take several months of treatment to reverse the imbalances, but there is a good chance that a healthy response to food will be restored.

SPONSORED CONTENT

A new optical experience at Crowleys Opticians, Newbridge

The Mayor and key members of Kildare's business community joined local customers to celebrate the opening of the new Crowleys Opticians store in Newbridge last Thursday.

This impressively refurbished, state-of-the-art opticians has opened its doors with a special interest in children's eye care and a sensory room for children and adults upstairs.

Their visual processing centre caters for visual problems associated with Dyslexia, DCD, ASD, ADHD Migraine and other visual anomalies.

Crowleys Opticians is an Irish, family run, independent opticians in existence since 1916.

Their team of skilled opticians are thorough, their lab technicians meticulous and friendly and highly trained floor staff are always on hand to deal with any queries in a friendly and efficient manner.

The highly qualified Newbridge team is led by Grainne Maguire F.B.D.O. and all the Newbridge team are local to Kildare.

They have also introduced the unique 'Crowleys Workplace Eye Testing' service to the business community of Kildare.

The service is already up and running in organisations such as Kildare County Council.

This onsite testing is free and only takes 20 minutes per patient.

Visit the new Crowleys Newbridge store at The Courtyard Shopping Centre for the best in superior eye health care, exceptional customer service and an extensive offering of the best in glasses and contact lenses to suit all tastes, ages and budgets.

For further information you can contact Paul McSherry 087 7858476 / paul@crowleysopticians.com



Tim Dunny was the first customer of Crowleys Opticians in Newbridge



Conor Crowley (owner), Alison Crowley, Mayor Mark Stafford, Grainne Maguire (manager), Barry O'Driscoll (Crowleys director), Pam Loughman (optometrist)



Dermot Kelly (optometrist), Alison Crowley, Grainne Maguire (manager), Trish Lindy, Kay McDonnell, Karen Donnelly (optician), Pam Loughman (optometrist) and Conor Crowley (owner)



Kay McDonnell and Fiona Folliot



Janet Creighton and Hilary Cahill from Punchestown with Conor Crowley (owner of Crowleys Optician)



Martin Heydon TD, Conor Crowley (Owner) and Mayor Mark Stafford



Darotoa Aneta Langowska (Perfect Hair Studio) and Karen Donnelly (dispensing optician)



Neil Foster (Bank of Ireland, Newbridge) and Barry O'Driscoll (Crowleys)



Paul Donnelly and Irwin Bannon



Sensory room at Crowleys

LIFESTYLE



Genie Mackers (Sophia) with Rachel and Leah Balfe, pictured on Saturday, February 29 at Castledermot library for its official reopening and the national libraries open day



Out & About

OFFICIAL REOPENING OF CASTLEDERMOT LIBRARY

Pictures: COLETTE MCNALLY



Jenny Healy and Michelle Keogh



Heather Law and Anne Myler

Nessa Kilalee and Alicia Behan and Oiche The Owl



Lily and Ben Corrigan



Noah Doyle



Eoin Kilalee and Billy Dooley



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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Virus: Don't panic over stock market

When I started off writing this article last week, markets had reduced by 6% over the space of two days.

By the end of that particular day, markets dropped by a further 4% which meant it was one of the fastest declines in stock market history.

The Dow Jones Index, for example dropped 1,191 points, its worst one day drop in its history. This index has now dropped more than 10% below its most recent peak, by which definition a market correction has just occurred – it's not a crash though.

Because we are in a period of bad news with the Covid-19 outbreak, markets are reacting very negatively. However, it isn't the first time that an unforeseen, shocking external event has happened. History is full of disasters which is why I thought it would be useful to start out by putting some historical context into what's happening right now, because it might provide us with some guidance and re-assurance. While no-one can predict the future, it's comforting to know that within months, sometimes even days, markets rally after something terrible happens.

Let me give you some examples.

I can't compare every single market, because there are just too many of them, so I'm going to use just one as a reference, and it being the S&P 500. It's a good benchmark to use and we can look at what happened to it, during and after a serious event occurring.

Since 1950, there has been 34 instances when it lost more than 6% of its value in two consecutive days and given there were 17,655 trading days during this time what is happening now has only occurred 0.2% of all trading days, or on average, once every two years.

So, what happened last week has been quite rare.

Let's look at events that may have triggered some of those sharp declines and what happened to markets following them.

When JFK, was shot dead in November 1963, markets



Markets have dropped over the outbreak but will bounce back, so don't panic

recorded an immediate 2.90% loss, but 22 days later it had increased by 7.2%.

Over a two-week period in October 1987, the stock market recorded a loss of 34.2% but again just 22 days later it had recovered 11.5% of that loss.

When Iraq invaded Kuwait in August 1990 markets reduced by 13.3% but 126 days later, markets were up 16.3%.

Immediately after 9/11, markets dropped by 14.3% but 63 days later, they were up 21.2%.

Of course, there were instances when it took a lot longer for markets to recover most noticeably, the crash of 2008/09, when it took six years before markets returned to their previous all-time highs, but if your time horizon is long enough, it doesn't matter that selloffs are occurring right now, because time is your friend and don't forget that.

The stock market is very fickle, and fear is always the driving force behind why traders panic and start selling. Investors like Warren Buffett know this hysteria will pass. Only last week he was on CNBC telling people they shouldn't sell their shares or go into cash, simply because they read or listened to apocalyptic headlines. His reasons for saying this, by the way is to stop you from locking in losses and giving up gains when the market rebounds.

As I see it, the approach of

the large news outlets around the world, to reporting financial news is about scaring people, because fear makes people pay attention and fear sells. Unfortunately, being scared makes you make rash decisions. One minute you're fine and happy with how your fund is structured, because markets are going up, and then bang something happens, the news is bad, and you think your savings are going to be wiped out because of what you read or heard.

Will Covid-19 have an adverse effect on the economy and impact your pension or investment values? Of course, it will in the short term, but in the long term markets will recover as will your account balance. So my advice is not to panic, this storm will pass.

Even though markets have dropped and your fund impacted, try having the mindset of someone like Buffett who believes he's now buying equities that are on sale, and you're doing exactly the same thing if you stand firm, and continue to buy equities at the same percentage rate you did last month.

This is the approach some investment managers are taking right now. One very large financial institution told me last week that with the large sell off we've seen, rather than reduce their exposure in equities, which people might think someone like them would do, they've done the opposite and have

increased their exposure in equities across their multi-asset funds by 5%.

Volatility is a constant in the market whether you know it or not, and on average the S&P 500 index falls 10% once every 11 months. If people were aware of this, they would be less worried, knowing how common these fall in values occur.

Here's something else you should remember. Despite the big decline, the market is only back to where it was in Mid-October '19. If you were invested in a reasonable fund, let's say one that has a risk rating of 4, you're probably only back to the level you were at four and a half months ago.

Keep reminding yourself you're in this for the long haul, and corrections in the market take place all the time, this one is just getting more airtime because of the underlying reason, which is an infectious disease that is spreading throughout the world and taking the lives of those who are already sick with underlying illnesses.

Even if you're coming close to retirement, you're still in this for the long run. The plan is to continue living for the next 25 or 30 years. And that's plenty of time for your fund, which should be only partially exposed to equities, to bounce back from declines like this one.

I read an excellent analysis of the Coronavirus virus last week by a very well respected equity strategist in the US,

and what he thought its impact on markets would be. He said that while he didn't want to diminish the seriousness of the virus, and how people's lives are being lost because of it, he didn't believe the negative impact would last very long.

His reasoning was, from an economic perspective, viruses, natural disasters, assassinations etc. represent demand deferred, not demand destroyed. Which means, the coronavirus may disrupt the supply chain for things like the iPhone, meaning the newest version may not be released in September, but if it comes out in December, people are still going to buy it, just later than planned.

The goal of most people is to save money that will grow over time, outpaces inflation, and never goes to zero, and being invested in a well-diversified managed fund is generally the best way to achieve that goal.

If you're still confused and don't know what to do, reach out to someone with experience, who can talk you through the anxiety you could be feeling, which is perfectly normal by the way. And if you'll sleep better by moving some of your portfolio into cash or bonds, then do so. But I'd caution you against making big changes. Don't forget being invested in the stock market is a good thing, it's your protection against inflation.

If markets fall by another 5% or 10% and they flatline for a while, when they start to rise again, their values are likely to be greater than the average price you paid for them over the past decade, and again that's something that can be lost on people.

Finally, I want to put this reduction into perspective and run some numbers for you, because I'm hoping once you see them, you mightn't feel as bad as you may have last week.

If you earn €50,000 and started a pension five years ago where your employer contributed 5% of your salary and you matched it, and assuming you earned a modest growth of 5% per annum, the amount in your

pension fund would now be €28,408.

The amount you personally contributed each month after tax relief was €125. Which means over that five-year period, your input was €7,500.

But, through a combination of an employers' contribution, annual growth and tax relief, the amount in your fund grew by €20,908.

So, over five years, you've effectively achieved a growth of 279%, because that's what it would take turn €7,500 (the cost to you) into €28,408.

Okay, your fund may have gone down in value by 10% because of the coronavirus, meaning your fund reduced in value by €2,841. But don't forget, in this example you've only personally contributed €7,500 so you're still up €18,067 which is an increase of 241% over five years.

So, you can look at this impact in two ways (a) be upset that your fund has gone down in value by 10% or (b) be happy that even though markets are down, your fund has still grown by 241% over the past five years, when you consider the actual amount you put in.

And if you didn't have any employer contributions, you're still up 170% over the past five years, even with this recent fall.

You can run the same scenario for people who have been contributing for 35 years, and they're still way ahead of what they've personally contributed, which is sometimes forgotten by people. But unfortunately, it's just the way we are, because losses make us feel worse than gains make us feel better by a factor of 2:1.

I'll leave you with a wise comment by the great Jim Rohn, a superb motivational speaker and author, who used to say when he was alive, that good news usually follows bad news.

And, we are in a period of bad news with the Covid19 outbreak, and markets are reacting negatively. But as I said already, history is full of disasters, but here's the thing: markets recover and I've sure the same will happen in this instance.

ENTERTAINMENT

Naas singer's new music set for release

PAUL O'MEARA
editor@kildarepost.com

Naas-based singer Sina Theil's new single *I Feel Fine Today* is out on all major download services on March 11, just ahead of her second studio album *Reflections of a Celtic Heart* which is due to be released on March 17. Sina and her band will be touring the album across the country, and there are two Kildare dates.

These two gigs are: March 17 (St. Patrick's Night) at the Tea Lane Chapel, Celbridge (a portion of the ticket sales will go towards the Tea Lane Graveyard Conservation Project) and on March 20 at McAuley Place.

Tickets are €12 at www.downdaraod.com and €15 at the door. For Celbridge, they can also contact Breda at 0879630719.

The band will also have special guest Billy Condon on both nights (The Dubliners, Ray Lynam, Daniel O'Donnell, Gerry Guthrie) and Newbridge singer-songwriter Joan Healy in Naas, as well as a few more that will soon be announced.

The band will perform some of the songs of Liam Clancy and other

Irish favourites including *Red is the Rose*, *The Dutchman*, *Caledonia*, *Grace*, *The Parting Glass*, *Green Fields of France* and many more.

Although born in Germany, Sina Theil is fast making a name for herself on the Irish music scene, having to date scored thirteen number one singles and number one debut album in the Irish country download charts with her label Downda Road Productions.

Her new album in great part pays tribute to the late Liam Clancy, who was once described by Bob Dylan as one of the best ballad singers he had ever heard.

FELL IN LOVE

It also celebrates Sina approaching her fifth year here in Ireland and falling in love with Celtic music and culture.

Sina won a major at the Hot Country TV Awards 2019 and receives regular radio play on stations all across the country, describes her sound as Americana/folk/country rock.

Although a lively performer, Sina has a great ability for storytelling which is why she developed a special liking for Liam

SINA THEIL REFLECTIONS OF A CELTIC HEART



Sina Theil is an award winning singer who is about to release a new single and her second studio album

Clancy during her travels gigging around Ireland.

Sina said: "Back in 2015 I knew little about Ireland and its people; but I had heard this much: the Irish love their music and the 'craic' is mighty.

"That was all I needed to know. I packed my bags, grabbed my guitar

case and headed off on an adventure, pursuing a lifelong dream of making a career in music.

"Little did I know I was about to enter a world of stories, songs and tales like I had never known before. Throughout many late nights I heard songs that spoke of heartbreak and hope, life and

death, freedom and sorrow, history and longing.

"I fell in love with Celtic music; its passion and powerful storytelling. On this album, I collaborate with some amazing Irish musicians and hope, that we did these beautiful songs justice and you enjoy our renditions."

MOVIE OF THE WEEK

DIRECTOR:
Dan Scanlon

STARRING:
Tom Holland, Chris Pratt,
Octavia Spencer

GENRE:
Drama, Fantasy

RUN TIME:
107 minutes

RELEASE DATE:
March 6

Two teenage elf brothers, Ian and Barley Lightfoot, go on an journey to discover if there is still a little magic left out there in order to spend one last day with their father, who died when they were too young to remember him.

Onward



Barrow bursts its banks near Athy after record

SENAN HOGAN

editor@kildarepost.com

The River Barrow burst its banks in many areas of South Kildare in recent days, including around Athy and Maganey.

Drone photos taken by Rafal Szeremeta show fields flooded around the waterway, which is Ireland's second longest after the Shannon.

These images show the Levitstown Mill landmark surrounded by water while the Lock House at Maganey also appears marooned.

Meanwhile, the weather outlook for the coming days is for cold and wintry conditions with a spell of wet and windy weather on Monday and Tuesday.

Met Éireann said that February was an exceptionally wet and windy month.

Forecasters said three named storms, Ciara, Dennis and Jorge brought prolonged periods of heavy rainfall and stormy weather leading



The former Levitstown Mill on the Barrow

to extensive flooding in places.

Storm Ciara affected Ireland on the 9th and 10th, followed by several days of wintry showers.

This pattern repeated the following weekend with Storm Dennis.

At the end of the month, Storm Jorge brought more heavy rain and the strongest winds of the month on the 29th.

Forecasters said rainfall was well above average across the country.



The Lock House at Maganey

Sixteen stations had their wettest February on record, including Phoenix Park, Co Dublin which has records going back to the Famine.

Casement weather station in Co Dublin, which is close to many areas

of Co Kildare had its wettest month in 56 years.

The month's highest temperature was reported at Oak Park, Co Carlow on the 28th with a temperature of 14 °C.

HomeCOOKING

by Barbara Collins

Burren Balsamics' Italian Sausage Ragu

This is a real stick-to-your-ribs crowd pleaser which is perfect for wet and windy weather. It just makes you feel comforted to eat it. The Blackberry and Thyme vinegar rounds out the flavours beautifully and add delicious herbal and fruity notes.

INGREDIENTS

500 grams of Italian Sausage meat
500 gram tin of chopped tomatoes
250 grams of white onions – peeled and finely chopped
150 grams of button mushrooms – thinly sliced
Salt and pepper
250 mls water
30 mls Burren Balsamics Blackberry and Thyme Vinegar

METHOD

Heat a suitably sized saucepan and brown the sausage meat stirring well to break up. Add the onion and continue to cook for 2 or 3 minutes to soften the onion. Add the vinegar and cook well to reduce and intensify the flavour. Add the tomatoes and water. Stir well, bring to the boil and turn down the heat. Simmer for approximately 30 minutes. Taste and adjust the seasoning if required. Serve with your favourite pasta and lots of freshly grated Parmesan.

Newbridge author publishes second book in TJ series

KIM O'LEARY
editor@kildarepost.com

Newbridge-based author and mum of three, Amanda Kehoe, has published the second book in her hugely successful series 'The Adventures of TJ and His Wheelable Chair' which is inspired by her young son's health journey.

Amanda grew up in Ballinteer in Dublin and currently lives in Newbridge with her husband Greg and their three children Emily, Tadhg and Dylan. Amanda worked for several years in marketing and she is also a qualified Montessori teacher and special needs assistant (SNA).

However, in 2009 Amanda took a seven year career break to care for her son Tadhg on a full-time basis after he was diagnosed with Cerebral Palsy and Global Developmental Delay in March 2009, aged 10 months. Amanda was inspired to write 'The Adventures of TJ and his Wheelable Chair' which is based on to her son Tadhg's experience and to encourage awareness amongst other children in schools.

The first book in the series 'TJ and His Wheelable Chair' was released in 2016 and published by Austin Macauley Publishers.

Speaking to the Kildare Post this week, Amanda stated: "The inspiration for this book, like the first book, is my 11-year-old son Tadhg (TJ). In this book, he takes the reader on an adventure where he travels to London and visits the zoo and also goes to a concert later at night.

"The book is about sharing TJ's experiences with his readers and hopefully they will enjoy the adventure he takes them on," she explained.

The official publication date for the book was February 28 and it should be available to purchase in Kildare shops over the coming weeks. Amanda said she is hopeful that the second book in the dazzling series will create discussion and awareness about disabilities.

CREATING AWARENESS

"I am hoping TJ's book will open up more discussion and create further awareness. Because TJ is both physically and intellectually

disabled, I feel it's important to show that his disability doesn't stop him from having fun or enjoying similar experiences with everyone else. He may need more assistance but he gets the same joy from being involved and sharing these adventures with his family and friends.

"I remember being asked at one of the school visits I did with my first book, how TJ could get on a plane with his wheelchair so I felt by writing about a journey, it would help children to further understand the logistics around travelling for a wheelchair user, and how TJ manages with the help from his parents," said Amanda.

Amanda is planning on arranging some events through her publisher with schools and book shops and she is available for any school readings if anyone wishes to get in touch. "I haven't arranged an official launch just yet, but I plan to do so in the coming weeks. I am just so thrilled to have finally released my second book and to share it with everyone and I really hope everyone will enjoy TJ's adventures!" she said.



Amanda Kehoe, author of 'The Adventures of TJ and His Wheelable Chair' photographed here with her son, TJ

Amanda is already thinking of ideas for the next book. "I've scribbled down a few ideas but nothing concrete yet. I am hoping that TJ's next adventure will include his lovely companion, a dog Jaco,"

she said. 'The Adventures of TJ and his Wheelable Chair' will be available to purchase in Kildare shops in the coming weeks and is currently available to buy on Bookdepository.com



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

Facebook: @evahillnutrition Web: www.evahillnutrition.com Email: info@evahillnutrition.com

Probiotic support for flu season

WITH wild winter storms passing the baton and our health threatened by both local and now foreign viruses, the best you can do is to look after your immune system.

There are innumerable nutrients and herbs available in your health store that might come in handy, but neither would be any good unless your gut is healthy. It might surprise some that we need to start the immune

support from the belly. This long tube, called the digestive tract is our first line of defence against microbial invaders and houses up to 80% of our immune cells.

Your microbiome – the microscopic creatures living in and on your body outnumber your own human cells by over 10 to 1 because we are evolved to live with them in synergy and they are so important for your overall health. Probiotics – the good bacteria, like microscopic



Home made yoghurt, kefir and raw sauerkraut are just some examples where you could top-up your gut flora, although their taste might not be everyone's cup of tea

soldiers help to fight off pathogenic (bad) microbes, and at the same time, balance components of the immune system, help to absorb immune supporting nutrients and boost your

ability to make virus fighting immune cells. Nature gave you great diversity of probiotics, but as always, man made chemicals interfere with the fine ecology you are supposed to

have inside.

As Hippocrates said, every disease starts in the gut, therefore it is a good idea to top up the most important Lactobacilli, Bifidobacteria and beneficial Bacillus species every day – but at least for a couple of months at each changing of seasons and especially when you cannot avoid taking antibiotics.

Home made yoghurt, kefir and raw sauerkraut are just some examples where you could top-up your gut flora, although their taste might not be everyone's cup of tea.

Fear not, there is good diversity available in your health store in capsule form! Just look for the greatest variety of strains, which at the moment is 14, as each have their own roles and they work together in synergy for best results.

There's a particular

product I call a double edge sword – as like no other it cleanses and re-balances at the same time. It contains 7 live bacteria strains that were selected for their ability to fight invading microbes and these are combined with powerful extracts of garlic and grapefruit seed. These antimicrobial herbs help to attack overgrown bad bacteria, yeasts and viruses – without harming the beneficial probiotics.

Garlic especially has been known for centuries to strengthen the immune system with compounds that boost the disease-fighting response of some types of white blood cells in the body when they encounter viruses, therefore a promising weapon to have in the prevention of flu. Garlic is also one of the best prebiotic foods – selectively feeding the beneficial bacteria.

HOUSE AND HOME

SPRING/SUMMER SPECIAL



PAGES 43-50 INCLUSIVE

ALL THINGS INTERIOR

LOUISE HIGGINS



ASPIRE DESIGN
www.aspiredesign.ie

SHEER JOY!

As an interior designer I am seeing continued growth in the use of sheer and voile fabrics in Ireland. Traditionally customers requested interlined curtains for extra insulation in Irish homes but as Irish architecture has evolved so too has the way we treat our interior space of our homes.

There are several factors which have led to the increased use of sheer fabrics in window treatments particularly related to new builds. New build properties are better insulated, and many opt for under floor heating ensuring they are well heated and insulated so they do not require heavy interlined curtains to block our drafts etc.

In addition modern architecture has led to an increase in the demand for larger windows in properties to include floor to ceiling windows as well as corner windows as home owners embrace natural light and attempt to merge their indoor and outdoor spaces with the use of bi-fold doors etc.

The emergence of these large contemporary window installations has meant that we need to dress these windows differently. As the new windows are almost to the ceiling there is very little room for traditional curtain poles and therefore modern tracks are proving a better fit. These tracks have evolved over the years and can fit flawlessly to your ceiling. Track systems are available with hand drawn, cord drawn and motorised track systems and can give a lovely round fluent shape to sheer curtain headings.

Another major factor to the growth of sheer fabrics in Ireland is the stunning ranges available like our new Okari collection from Romo which comes in a range of decorative, lightweight sheers and semi-sheers. Our Okari collection induces a calming restorative ambience, with natural linens and understated designs, while delicate metallic high lights add a touch of elegance. Here is a



Okari decorative sheer collection by Romo from Aspire Design

little overview of my Top 5 favourites from this collection:-

KIBALI

An intriguing fil coupé technique creates a large-scale, broken chevron design with a subtle lustrous yarn in a delicate sheer base.

SUMBA

Sumba as pictured here is this bedrooms room set is a romantic display of elegant bamboo digitally printed in soft neutral tones on a delicate linen mix sheer that gently diffuses the light.

CAMAYA

An open chunky weave gives this semi-sheer its tactile quality and textural appearance, whilst a refined metallic look yarn adds a touch of luxury.

LEVICO

A decorative lightweight jacquard weave featuring an elegant, diffused damask

design that has a wonderful softness and fluid drape.

OKARI

Our Okari design is an informal wide width sheer with a fine tonal stripe, formed from a space dyed yarn that gives a subtle variation of colour.

Sheer Curtains have many advantages. They are calm and tranquil and perfect to balance asymmetrical windows or as a room divider. In addition, they can provide soft visual relief in rooms with a lot of pattern. Sheer fabrics allow for sunlight to pass through during the daylight whilst maintaining a level of privacy. They are light and airy and allow us to filter and diffuse light during the day.

In traditional homes, some clients like to use sheer curtains along with their standard curtains. Adding

sheer curtains behind your main curtains will allow you to protect your curtains from sun damage and allow you to enjoy natural light during the day whilst maintaining some privacy.

At night you can draw your maintain curtains for full privacy.

I hope you found this column interesting. If you would like any further information on any of the fabrics featured in this column then please drop me a line an email at info@aspiredesign.ie or call 086 399 9926.

If there is a topic that you would like covered in one of my weekly columns, then please get in touch with your suggestions.

Many thanks, Louise — winner of TV3's Showhouse Showdown, 086 3999926, info@aspiredesign.ie



Kibali Sheer in feather grey by Romo from Aspire Design



Levico Sheer in shell by Romo from Aspire Design



Romantic florals with gardenia fabrics by Romo from Aspire Design



Simba Sheer in silver by Romo from Aspire Design

Elegant four-bed home in Kildare town on sale for €374,950

KIM O'LEARY
editor@kildarepost.com

This gorgeous four-bedroom detached home located in Kildare town will ideally suit a family as it boasts plenty of space indoors and outdoors, with an asking price of €374,950.

AMove Properties present to the market 47 Loughminane Green, Kildare town. Extensively refurbished and remodelled by its current owners, this four-to-five bedroom property is in show-house condition. It is a bright, spacious home that extends to 187.7 sq.m (2,022sq.ft). This property has been decorated with great interior flair and no expense has been spared in its presentation.

Inside accommodation comprises of a reception hall, livingroom, a modern kitchen/dining room, a lounge area, a utility room, Guest W.C., office/bedroom 5. Upstairs there are four good-sized bedrooms, two



en-suite shower rooms and a main bathroom.

Enjoying a S/E orientation to rear, this superb end positioned home, lies adjacent to the green in this sought-after Kildare estate.

There is generous

off-street parking, a private south, east facing garden, a wonderful, west facing courtyard to the side of the house, and there is also ample potential to easily extend on all 3 sides of this home.

Every amenity is at hand

here, as 47 Loughminane Green is within walking distance of the railway station, choice of schools, shopping both in the town and at Kildare Village.

This home is also situated close to Junction 13 off the M7

for anyone wishing to commute to Dublin.

VIEWING

Early viewing is advised and for more information contact AMove Properties on 045 542 141.



Lovely large family house in Naas on market for €510,000

LEADER REPORTER
editor@kildarepost.com

This spacious four-bed home in Naas features a modern layout inside and plenty of space outside as well as local amenities on its doorstep for an asking price of €510,000.

Sherry FitzGerald O'Reilly present to the market number 15, The Gallops, Naas. a detached four bedroomed family home in excellent decorative condition. This stunning home is situated in a prime location just off the Dublin

Road in Naas.

A home of distinction with many reception rooms and spacious accommodation, this is a home perfect for modern family living. Inside the property comprises a welcoming hallway, sitting room, playroom, kitchen /dining room, utility Room, and guest wc. Upstairs there are 4 double bedrooms (1 en-suite with dressing room) and a family bathroom. Outside the rear garden has been landscaped and well maintained. It features lawn, stone patio and stone built raised beds



stocked with many shrubs and trees. There is a deck accessed from both the sitting room and dining area which features a pergola.

In front of the house, there is a gated cobblelock drive with parking for three cars, a lawn and trees and gated access to both sides of the house.

This fine property is conveniently situated within a short walk of Naas Town Centre, Monread Park, shops, schools, leisure centre and creche. It offers easy access to the M7/N7 motorway and the Arrow rail link in Sallins.

Viewing comes highly recommended; there is an open viewing this Saturday, 7 March from 12 to 12.15pm. For further details, contact Sherry FitzGerald O'Reilly, Naas.



LIFESTYLE



Tony Forde with John Cooney of Ecco Stove at Forde Superstore, Kilcock, on Friday, February 29

SALE AND ECO INFORMATION DAY AT FORDE SUPERSTORE

Pictures: AISHLING CONWAY



Anne O'Connell, Interior Designer



Little Zoe and Karl McDermott



Conor O'Driscoll pf Henley Stoves and Michael Dennison of John J. Doyle Ltd



Declan Conway of Better Heat Solutions, and Ger Barry of EnergieK



Declan Horan of Nordica Extra Flame Wood Pellet Stoves



Tony and Caroline Forde

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PROPERTY

Peer to Peer property lending in Kildare

SPONSORED CONTENT

You can help support new housing developments in the Kildare area!

Propertybridges.com, Ireland's new Peer to Peer lender to the property development marketplace, is about to launch its first loans on the platform for Co Kildare.

The PropertyBridges.com plan is to lend across the country to 100 plus new housing development

projects, totalling over €150m in lending with the support of over 10,000 Irish citizens lending on the platform in the next three years. The average loan size to construction firms and developers will be approx €1.1m and lenders can lend into each loan from as little as €500 up to €100,000 or more and will return on average approx. 8%+. The public's money will work alongside and in conjunction with institutional and private

investment funds.

Property Bridges' peer-to-peer gives individual investors easy access to the property market.

Property Bridges believes that the general public (who have over €100bn in their deposit and savings accounts earning little or no interest) can help solve the housing crisis nationwide, while at the same time make a good return on their money.

Previously, if a construction firm wanted a loan, it would go to a traditional bank/institution, but since the economic crash in 2008, banks haven't had any appetite to lend to the construction industry. Raising development finance has never been tougher for small to medium sized property developers.

Property Bridges' plan is to re-energise the small development and construction industry in Ireland and with the support of the Irish public believe the finance can be readily and quickly available.

By investing in secure property loans, Irish savers can fund bright hard-working local property developers to undertake construction projects, provide much needed new homes and actually see their money at work in their local communities — not to

mention making returns of between eight and ten percent on your investments while doing it!

PEOPLE POWER AT ITS BEST

Property Bridges is a private company which was founded in 2018 and operates Ireland's largest property lending marketplace. The company is supported by the NDRC and is an Enterprise Ireland High Potential start-up company.

Property Bridges has an active investor community, comprising of retail investors, HNW investors, Irish businesses, family offices and institutional investors, who come together to fund construction projects.

The company now plans to expand into commercial lending as has hired experienced lender Paul Curran to head up its commercial lending team.

The company, which is being run by David Jelly, James Twomey and Marc Rafferty, alongside an in-house team of experienced property professionals, plans to lend across the country to 100+ new housing development projects, totalling over €150m in lending with the support of over 10,000 Irish citizens lending on the platform in the



next three years.

Mr. Jelly said: "Globally there has been a huge shift to online investing, but Ireland's property market remains a traditional asset class that can be hard to access. We change that by allowing lenders to invest anywhere from as little as €500 to €100,000 in any one loan. Lender funds are fully backed by a first charge security over the property which provides a level of safety does not present in other forms of lending".

James Twomey, head of lending, said: "The alternative lending market has become more and more popular for property developers of a small to medium size in Ireland over the last 7-8 years, following the lead of the UK.

"Our offering at Property Bridges, is to bring much needed liquidity to the property development sector, allowing an easing of the housing crisis over time,

whilst also providing lucrative terms to peer investors backed by a property asset. Our initial offering is servicing a funding market that many others in the market ignore because it is seen as too small, but we feel there are many opportunities in this market, with highly capable small developers who can make a sizable contribution to the national housing market.

Marc Rafferty, investor, said: "We realised at Linkedfinance.com that the peer to peer model allows regular people invest small amounts in their local SME businesses and make a good return on their investment while helping their community.

"Property Bridges will allow this same dynamic occur but this time in the property space and again for the public to fill the gap the banks have failed to do so adequately."

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IN THE GARDEN

WITH JO

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All hands on deck as nursery is re-stocked!

How many truck loads does it take to re-stock a nursery? Four truck loads of new plants arrived onto the nursery earlier this week — yes, four full artic loads of trees and plants. Not that the nursery was empty but we needed to plug some of the gaps that were starting to show and add some new and interesting plant material to our current stock.

It's always really busy but exciting too unloading lorries. Firstly, all the guys at the nursery get into full throttle as they unload with a teleporter and a forklift (carefully) as each tree needs to be

moved with care and attention so that it doesn't get scratched or broken in the unloading process.

Each tree is given a special place to await it going to the right area of the nursery once it has been labelled and priced and then photographed for the website and added to the stock. This is a lengthy process but it is like Christmas seeing all the stock that has been picked out from our Italian and Dutch partner nursery especially when the specimens are one of a kind and so its description and representation on the website is really important to get right and

this can only be done with a good image and putting yourself in the eyes of you, the garden owner and describing it in such a way that you can picture exactly what it looks like.

CATALOGUING AND PRICING

So with four full loads in one day to kick off the new season it has meant all hands on deck to ensure that these get labelled, priced and up on the website as quickly as possible. We got new stock of our very popular evergreen oaks and lots of espaliered and pleached trees as these are our biggest sellers, some new sizes and varieties in these popular shapes. We also received lots of our smaller stock of shrubs and herbaceous plants ready for the Spring, lots of hydrangeas, agapanthus and hostas, the things we run out of each year ready to be potted up and add some growth in our glasshouses for the late Spring and Summer sales.

EVERGREEN OAKS - ONE OF OUR TOP SELLERS

There was plenty of hedging for orders and for stock, lots of mature sizes of evergreen and deciduous



We unloaded four trucks of new stock at the nursery this week, four huge trucks loads of exciting new stock!

varieties and lots of these are pre-ordered so we have to get all those ready for delivery or planting in their new homes.

Espaliered trees, contemporary but formal look

Such a huge amount of work involved in displaying each and

every one of our plants to ensure that we show you exactly how they will look in your garden, so no time to waste next job to get them up on the website so you can all see them, in the meantime do contact us directly or pay us a visit to the nursery.



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The very popular evergreen oak

Take a stroll on Osprey Avenue for PuncHESTOWN 2020

Osprey Hotel continues its PuncHESTOWN Festival partnership and entertainment programme

With less than eight weeks to go to the 2020 PuncHESTOWN Festival, the racecourse team is excited to continue their association with official accommodation partner Osprey Hotel.

Launched at the 2019 festival, the centre piece of the partnership, Osprey Avenue, is back for the 2020 event taking place from Tuesday 28 April to Saturday 2 May. 'Osprey Avenue' is a boutique shopping venue with a wonderful selection of fashion, art, millinery and accessories on offer across all five days of the event.

Further to the success of the partnership last year, Osprey Hotel is pulling out all the stops and providing a fantastic week of hospitality and entertainment both in advance of and after racing each day at the four star venue located in Devoy Quarter, Naas.

Back for 2020 is the very appetising Bottomless

Bubbles Brunch hosted in the stylish Herald & Devoy Restaurant. This package is priced at €32 per person and can be pre-booked with the hotel or via eventbrite. There will be two sittings at 11.30am and 1.30pm on Thursday, Friday & Saturday with a complimentary shuttle bus service to solve any transport queries.

On Tuesday through to Friday from 12.30pm, the hotel will have well known tipsters on hand to provide their expert opinions on all the weeks racing, Tuesday and Wednesday will see Katie Walsh and top jockey Robert 'Puppy' Power along with Boylesports Leon Blanche will be in Osprey Bar on Thursday and Friday.

ULTIMATE FESTIVAL FINALÉ

Perhaps the highlight of Osprey Hotel's action packed entertainment programme will take place on Friday, May 1 when the Ultimate Festival finalé party will entertain a

full house of festival goers. Guest DJs and the ever popular Manilla Strings will entertain in the lobby while the ticket only PuncHESTOWN Party featuring the massively well known Springbreak, fresh from supporting Cher in Belfast will take place in the brand new Osprey ballroom.

The ballroom has recently undergone a massive refurbishment with an investment of €800k which will only add to the atmosphere!

Looking forward to an exciting festival week, Osprey Sales and Marketing Manager Catherine Bunn said "We are so thrilled to be back with Osprey Avenue and a preferred sponsor with PuncHESTOWN again for 2020, it really was a no brainer on our part following the success of last year. Our on-course presence with Osprey Avenue together with pre and post racing



entertainment means Osprey will be your one stop Festival venue.

"The fact we have just finished a refurbishment of our ballroom with an investment of €800K will really add to the finale night, if that's even possible. Adding a well-known band such as Springbreak who have a fantastic following already to the mix is an added bonus. I hope everyone is ready for a fun packed few days of racing, music, delicious food and fun party atmosphere!"

Janet Creighton, PuncHESTOWN Commercial Manager welcomed Osprey Hotel and stated:

"We look forward to welcoming around 130,000 visitors to PuncHESTOWN in less than eight weeks time and whilst we can do our best to ensure they have a great day at the track, it is our hotel partners that play an intrinsic role by providing top class hospitality before and after racing.

"Osprey Hotel is a wonderful venue located just

minutes from PuncHESTOWN and their festival entertainment programme is packed to the brim. Having toured the Osprey Spa it is somewhere I will definitely be visiting for a treat after a hectic festival week!"

For full details of the Osprey Hotel Festival schedule, see www.ospreyhotel.ie/events/puncHESTOWN-festival or call 045 881 1111.

PuncHESTOWN Festival 2020 runs from Tuesday 28 April to Saturday, May 2,

ESB Science survey shows children take climate change more seriously than adults!

KILDARE POST REPORTER

editor@kildarepost.com

A survey conducted on behalf of the Royal Dublin Society (RDS) reveals three quarters of primary school students feel adults don't take climate change as seriously as 8-12 year olds. It also revealed the high esteem that children have for scientists with 71% of primary school students trusting scientists.

The same survey also showed that most children (61%) are curious enough and feel confident enough to ask questions in class. The encouragement of curiosity and questioning is an important part of ESB Science Blast.

Over 2,000 primary school students were part of this nationwide survey, just some of the 12,000 children that take part in the 2020 ESB Science Blast Dublin showcase event.

At this year's ESB Science Blast, a STEM programme developed and delivered by the RDS, more than



Students from Patricia PS, Newbridge, Co Kildare researched the question: Do children have a carbon footprint? Pictured are Allie Hickey and Jake Cullen.

15,000 primary school students will showcase their STEM investigations at showcase events in Dublin, Belfast and Limerick.

The first event took place in Dublin this week, running from March 2-5, where 12,000 primary school children are expected to participate. Today, Thursday, March 5 is 'An Lá Specialta na Gaelige' catering exclusively for Gaelscoileanna.

The survey findings on climate change coincide with a spike in

environment-related investigations at this year's ESB Science Blast; there has been an 81% increase in environment-related investigations by classes in 2020 compared with 2019. The children's trust in scientists at 71% is close to that of adults' trust in scientists, which the 2020 Edelman Trust Barometer found was 79%, one of the highest trust scores in this year's Barometer.

Curiosity and questioning are two of the key drivers of scientific

discovery which is why the RDS was interested in how many children feel confident enough to ask questions in class. Both are also closely aligned to the four 'C's of STEM learning, which ESB Science Blast helps to cultivate: Critical thinking, Creativity, Communications and Collaboration. The survey also looked at whether there was any difference between boys and girls in asking questions in class. But there was no significant difference, with both mirroring the overall result.

ESB SCIENCE BLAST

ESB Science Blast gives an entire class the opportunity to engage with STEM by giving them the tools and methodologies to investigate a simple question about the world around them. By enabling participants to choose a question that interests them, ESB Science Blast shows children how STEM skills can be used in everyday life to solve problems, find better ways of doing things and learn about the

world around them.

PARENTS AND STUDENTS AGREE

There is attitudinal overlap between today's findings and 2019 Red C research commissioned by the RDS, which showed parents understand the critical role of science in their children's education. According to this research, 83% of parents believed a good understanding of science is needed to live and work today. The majority (82%) also believed basic science education would give their children an advantage in life. A large proportion of parents (64%) talk with their children about science subjects and activities in their school.

The Limerick showcase event takes place on May 19-21, while the Belfast event takes place June 3-4. There are still spaces available for the Limerick showcase event which are being filled on a first-come first-served basis. Applications for Belfast will be received up until April 1.

LIFESTYLE



Sonya Kavanagh, and Liam Dunne of Kildare County Council with Syl Merrins, Sports Co-Ordinator, Kildare Sports Partnership, pictured at KSP's Back To Basics children's coaching seminar, hosted by Ray D'Arcy, at the Keadeen Hotel, Newbridge, on Wednesday, February 26



Kathleen Cummins, Peter McVerry Trust; Emma Berney, CYPSC; Gda. Brian Cagney; Syl Merrins, KSP; Deborah Foley, Healthy Ireland; and Laim dunne of Kildare Co. Co.

Out & About

KILDARE SPORTS PARTNERSHIP'S BACK TO BASICS COACHING SEMINAR AT KEADEEN HOTEL

Pictures: TONY KEANE



Erin and Joanne King of Naas RFC.



Pat Hickey, Chairman, and Dave Keogh, of the newly formed Monasterevin Blueway Kayaking Club.



Pádraig Healy, Syl Merrins, KSP; Deborah Foley of Healthy Ireland; broadcaster Ray D'Arcy, Chairman of KSP and host for the evening; Pat Leogue, CKLP, and Dr. Stephen Behan of DCU; John Doran, KSP PHOTO TONY KEANE.



Karen Heavey of the HSE and Deborah Foley of Healthy Ireland at the Kildare Sports Partnership Back to Basics seminar



Kathleen Cummins, Peter McVerry Trust; Emma Berney, CYPSC; Gda. Brian Cagney; Syl Merrins, KSP; Deborah Foley, Healthy Ireland; and Liam Dunne, Kildare County Council



Ann Marie Flaherty of Mayo Sports Partnership, and Eleanor Flaherty of Leixlip Tennis Club



Stephen Joyce of Healthy Kildare, Ann Myler and Sonya Kavanagh of KCC

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New Audi A3 features recycled materials

Every year, the fashion industry produces jewellery, clothes and bags from PET bottles while more and more furniture is being made from waste material such as paper shreds, plastic bottles and wood chippings. Now, for the first time, Audi is increasing its sustainable offering on the new Audi A3 with seat upholstery made from recycled material. Sustainability is a central pillar in the Audi corporate strategy. This applies in all facets of the business from technology to the production processes.

For the first time in the fourth generation of the Audi A3, seat upholstery will be made from secondary raw materials. Up to 89% of the textile used consists of recycled PET bottles, which are transformed into yarn

resulting in fabrics that guarantee the same quality standards in look and feel as conventional textile upholstery.

More than 100 PET bottles in a single A3

In total, up to 45 PET bottles with a capacity of 1.5 litres are used per seating system. On top of this, an additional 62 PET bottles were recycled for the carpet in the new Audi A3. Audi's goal is to see the percentage of recycled material in the Audi fleet rise considerably in the coming years while allowing the premium brand to continue to offer its customers the high-quality products they are used to.

Other components in the interior are also increasingly made of secondary raw

materials, e.g. insulating materials and absorbers, the side panel trims of the luggage compartment, the loading floor and the mats.

How does it work?

In Germany, consumers are encouraged to recycle by using machines in local stores offering the customer €0.25 per bottle deposited. Disposable bottles are then compressed in store ahead of transport to recycling plants where they are sorted by colour, size and quality with foreign objects such as bottle caps are separated.

These bottles are then crushed into flakes which are washed and melted down inside a mill with nozzles shaping continuous plastic strands from the matter. Once dried, these are



The new Audi 3 available in Ireland this summer, offers a spacious interior

chopped into small pieces resulting in what is known as recycle, a form of granulate.

This is then extracted to

create threads and wound into coils used in the final stages of manufacturing materials. The new Audi A3 is due to arrive to Ireland in

Summer 2020.

Contact Audi Naas at (045) 906 666 and sign up for all notifications or instore promotions

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www.fitzpatricksgarages.ie



*Price includes: VRT exemption - €5,000, Residual VRT - €745 (Paid by Hyundai), SEAI grant - €5,000. Excludes delivery and related charges. Subject to stock availability. ¹The Hyundai 5-Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorized Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. Local terms and conditions apply.

² 8 years or 160,000 km warranty on vehicle battery unit. Contact your official Hyundai dealer for further information. Lending criteria terms and conditions apply. Model shown for illustrative purposes. 201 offers exclude electric models. The BIK calculator is to be used for guide purposes only. It is recommended that you seek independent tax advice from your accountant or tax advisor.



MOTORING

New PEUGEOT Rifter MPV – for innovative style


BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

PEUGEOT has boasted a flair for quality, style and innovation since the brand's inception over 200 years ago. Today more than ever,

PEUGEOT channels all its energy into the design of desirable vehicles that provide an experience beyond driving... a feast for all the senses. Ergonomics, comfort, connectivity, and cutting-edge engine technology combine to offer a driving experience second to none.

MULTI-PURPOSE VEHICLE

PEUGEOT has recently launched their new Rifter Multi-Purpose Vehicle (MPV) with seating capacity for up to seven people, along with ample space for their luggage too. The Rifter comes equipped with the unique PEUGEOT i-Cockpit interior,

and features high levels of safety and comfort equipment, and is powered by new-generation petrol and diesel engines. Available in two lengths, with 5 or 7 seats, the new Rifter comes with a five year extended warranty as standard

RUGGED SUV LOOK

Sporting a desirable and rugged SUV look, the Rifter's large rear tailgate enables quick and easy access to a practical cargo area with a low loading lip, while sliding side doors allow for ease of access to the seating in row two, with all three seats capable of accommodating full size child seats. The long version of the Rifter has two additional seats located behind row two – providing seating room for 7 adults. An enormous loading capacity of up to 4,000-litres is available when the rear seats are removed, or folded flat with the Magic Flat command function (Allure and GT Line models).

Engines, trims and transmissions

Built on PEUGEOT's efficient new EMP2 platform, the new PEUGEOT Rifter is available with a choice of three trims: Active, Allure



and GT Line. Two petrol engines and four diesel engines are available: a 1.2 PureTech petrol 110bhp S&S (Stop & Start) 6-speed, a 1.2 PureTech petrol 130bhp automatic 8-speed S&S, a 1.5 BlueHDi diesel 75bhp 5-speed, a 1.5 BlueHDi diesel 100bhp 5-Speed, a 1.5 BlueHDi diesel 130bhp 6-Speed S&S, and a 1.5 BlueHDi diesel 130bhp automatic 8-Speed S&S. Impressive standard features

Standard equipment on the entry level Active model includes the revolutionary

i-Cockpit® with 8" touchscreen, compact steering wheel and customisable heads up digital instrument pane.

Also mirrorscreen connectivity, 16" wheels, full size spare wheel, tyre pressure monitoring, 6 airbags, air conditioning, 12 volt plug in row 2, overhead storage, luggage cover and a Safety Pack to include Active Safety Brake, Lane Keeping Assist and Speed Limit Recognition.

The Allure model gains 16" alloys, rear parking sensors, visibility pack (auto lights and

MY TEST CAR

My test car was a new PEUGEOT Rifter 5-seat GT Line 1.5 BlueHDi 130bhp 6-speed manual finished in stylish Nimbus Grey metallic paint. Thanks to a healthy 300Nm of torque, the 0-100km/h sprint can be completed in 10.4-seconds, on the way to a top speed of 182km/h (where permitted). On the road, the Rifter pulls solidly with excellent mid-range torque providing brisk progress, while a hushed engine tone allows for terrific refinement on the

(International Van of the Year 2019) and designed without compromise, the new Rifter is so much more than a van with windows, and is an amazingly capable people carrier in its own right.

PEUGEOT has differentiated the Rifter from its stablemates with a higher ride height and more rugged styling, aiming to appeal to those who might also be considering an SUV. PEUGEOT's design and engineering teams have gone to great lengths to ensure that the Rifter still feels like a car, and they can certainly be very proud of their achievements in that regard.

SPACIOUS INTERIOR

The Rifter's dashboard is big, chunky, eye-catching and logically laid out, with minor controls that are easy to find and operate.

Colossal head and legroom awaits all occupants, while the large glass areas within the cabin make the interior of the vehicle feel bright and airy. Durability is the dominant sensation within the cabin, and this will certainly appeal to growing families, and owners who intend using the Rifter as a public service vehicle (PSV).

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wipers), leather steering wheel, front fog lights, folding front passenger seat, electric parking brake, 2nd row central and floor storage, 3 individual Magic Flat seats in row 2, and electric rear windows.

The GT Line benefits from 17" alloys, keyless access and start, a Safety Plus Pack (High Beam Assist, Traffic Sign Recognition and Advanced Driver Attention Alert), and dark tinted rear windows.

Further benefit from Visiopark 180 (front and rear parking aid with 180-degree camera), dual zone climatronic air conditioning, electrochromic rear view mirror and GT Line styling and badging.

move.

Road noise is well insulated from the cabin too, while overall ride comfort is impressive.

The Rifter's small octagonal steering wheel is similar to that found in other PEUGEOT models, and is very responsive to driver inputs, while the smooth, short-throw manual gearbox adds a sporty feel to the mix.

The distinctive personality of the new Rifter is visible everywhere – from the rugged wheel-arch and body cladding, to the durable materials used in the cabin, and its charismatically robust build quality. Based on PEUGEOT's award-winning Partner panel van

VERDICT

Overall, the new Rifter is a very likeable MPV and is a well focused, practical, capable, and rugged mode of family transport, while possessing a modern spirit too.

Contact Conlans Peugeot, Rathangan at 045 524 345.

FACTBOX

- 1) Sensational New MPV
- 2) Impressive Equipment
- 3) Petrol or Diesel Engines
- 4) Manual or Automatic
- 5) Priced From Just €23,940 (ex-works)

Pricing and specifications for new Renault Koleos revealed

Renault Ireland is delighted to announce pricing and specifications for New Renault KOLEOS, the second phase of its flagship model, which is available now at Joe Mallon Motors from €40,990 RRP.

New KOLEOS retains the unmistakable space, comfort, styling, and long-distance refinement of the phase one model, first launched here in 2017, while offering customers a reduced purchase price and more luxurious equipment than ever before.

New KOLEOS features a number of changes to its exterior styling. A new front bumper and full-length lateral satin chrome elements emphasise the width of the car, while new chrome trims on the sides and new rear bumper give a cleaner look.

The bigger changes are under the skin, in the form of two new engines. 2WD versions gain a new, 1.7 dCi

150 engine while the new 2.0 dCi 190 engine in 4WD versions offers a higher power output than its predecessor. Meanwhile, both engines enjoy a significant improvement in CO₂ emissions and fuel consumption compared to the outgoing dCi 175 version, and owners benefit from a reduction in motor tax from €570 to €390. As before, all versions of Koleos come with the smooth, refined CVT automatic gearbox as standard.

The already generous equipment levels have been improved on New KOLEOS with two trims – Iconic and GT Line.

Iconic gains some of Renault's "Easy Life" features in the form of hands-free parking, two-stage reclining rear seats and full LED headlights. Iconic versions also offer 7" touch screen with navigation, rear parking cameras, and blind spot and lane departure warning.



GT Line versions enjoy additions of an 8.7" touch screen and 19" two-tone alloys. New Koleos is available

now from €40,990 at Joe Mallon Motors with a 201 offer of €3,500 Guaranteed Savings with finance from

Renault Bank.

Test Drive at Joe Mallon Motors, phone 045 897675. www.joemallonmotors.ie

The new Renault Koleos, now available from Joe Mallon Motors

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Models shown: New Trafic SL30 ENERGY dCi 120 Sport Nav, RRP €29,045, New Master FWD MM33 dCi 135 Business+, RRP €30,050. Finance example Trafic SL28 Energy dCi 120, RRP €25,945, Deposit €8,959, Term 60 monthly payments of €309, APR 3.9%. Total cost of credit €1,704 inc fees of €150. Offer is made under a hire purchase agreement. Subject to lending criteria. Terms and conditions apply. Offer exclusive to Renault Bank. See Renault.ie [Warning: You will not own these goods until the final payment is made]. Renault Bank is a trading name of RCI Banque Branch Ireland and is authorised and regulated by the French banking authority and supervised by the Central Bank for conduct of business purposes.

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PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Shay Walsh, am applying to Kildare County Council for full planning permission for the following: (a) change of use of existing ground floor retail shop unit to multi-unit storage facility, (b) modifications to front elevation to include removal of existing shop windows / door and construction of 2 no. new roller shutter doors, (c) internal modifications and all associated development works at Standhouse Road, Newbridge, Co. Kildare. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

Eva Gabor intends to apply for permission, consequent on the grant of outline permission (Ref No 18/617) for development at Site 4, Walker Hall, Newtown Cross, Kildare Town, Co.Kildare. The development will consist of construction of a new two storey detached dwelling and all associated ancillary, landscaping and site development works. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

Galvin Tuite intends to apply for full planning permission for a development at Staplestown, Donadea, Naas, Co. Kildare. The development consists of constructing a part single storey, part one and half storey type dwelling, detached domestic garage, dual recessed vehicular entrance, septic tank effluent treatment system, and all associated ancillary site-works. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Kildare County Council, Áras Chill Dara, Devoy Park, Naas, Co. Kildare, during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, €20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

KILDARE COUNTY COUNCIL

We Diarmuid Holton & Lisa Hanrahan intend to apply for full planning permission for a development at Coonagh, Carbury, Co. Kildare.

- The development will consist of
- Demolishing existing front porch and old single storey rear extension
 - Alterations to existing layout & all elevations
 - Construction of a single storey and 2 storey extension to side and rear of existing 2 storey dwelling, new patio area to the south
 - Construction of a new single storey domestic garage
 - Installation of a new waste water treatment system
 - Alterations to existing vehicular entrance and construction of a new agricultural entrance to farm and all ancillary site works.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Kildare County Council, Áras Chill Dara, Devoy Park, Naas, Co. Kildare, during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, €20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission

KILDARE COUNTY COUNCIL

We, William & Margaret Gillespie intend to apply for Planning Permission for a development on this site at Springfield Farmhouse, Furryhill, Rathmore, Naas, Co. Kildare W91 RK80.

The development consists of (A) single storey extension to side (south west) & rear (north west) elevations of existing single storey house to form self-contained family flat linked to main residence (B) alterations to existing window fenestration on Side (south west) Elevation and minor internal alteration to form internal link. That the planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

Notice is hereby given in accordance with Articles 7 and 8 of the Waste Management (Facility Permit and Registration) Regulations 2007 as amended that Shannon Valley Plant Hire, Turvey Lane, Donabate, Co. Dublin intends to apply for a Waste Facility Permit at Coolroe, Athy, Co. Kildare for the importation of inert subsoils for the purposes of land improvement with an agricultural end use.

The Classes of Activity proposed at the site as specified in the Fourth Schedule of the Waste Management Act 1996, as amended is:

R5 (principal activity) - Recycling/reclamation of other inorganic materials, which includes soil cleaning resulting in recovery of the soil and recycling of inorganic construction materials.

R11- Use of waste obtained from any of the operations numbered R 1 to R 10

R13 - Storage of waste pending any of the operations numbered R 1 to R 12 (excluding temporary storage (being preliminary storage according to the definition of 'collection' in section 5(1)), pending collection, on the site where the waste is produced)".

The Class(es) of Activity proposed at the site, as specified in Part I of the Third Schedule of the Waste Management (Facility Permit and Registration) Regulations 2007, as amended, are as follows:

Class 5 - Recovery of excavation or dredge spoil, comprising natural materials of clay, silt, sand, gravel or stone and which comes within the meaning of inert waste, through deposition for the purposes of the improvement or development of land, where the total quantity of waste recovered at the facility is less than 200,000 tonnes. The application for a waste facility permit will be made to Kildare County Council within 10 working days of the date of this notice. A copy of the application for the waste facility permit will be available for inspection or purchase, as soon as is practicable after receipt by Kildare County Council, at the principal offices at Aras An Chontae, Devoy Park, Naas, Co. Kildare.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

Application is being made for full planning permission for development at this site: Loughlion, Kildare, Co. Kildare for Silzury Limited. The development will consist of:

A modification to the existing development granted under planning permission reg. ref. no.: 18/1033—and varied by subsequent granted planning permission reg. ref. nos.: 19/734 and 19/961—to include the following: (a) The filling in and piping of an existing open ditch/drain—approximately 150 m in length—running along the south-west boundary of the site with a new 600 mm diameter pipe. The topsoil to the ditch is to be removed with the new 600 mm diameter pipe laid on a bed of granular material. The invert level of the pipe is to match the existing ditch invert level. The area above the pipe is to be soil backfilled with a final finished layer of topsoil to be seeded with grass. Access manholes are also to be provided at various points along the length of pipe. (b) All associated site development works. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Kildare County Council, Áras Chill Dara, Devoy Park, Naas, Co. Kildare, during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, €20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission. This application was prepared by O'Flynn Architects, Lower Eyre Street, Newbridge, Co. Kildare. (045) 433400.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I Suzanne Dunne, intend to apply for full planning permission for extension to the North side of existing dwelling and associated site works at 5 Esmondale, Naas, Co. Kildare, W91 A03R. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Department, during its public opening hours, and a submission or observation in relation to the application may be made to the Planning Authority in writing on payment of the prescribed fee, within the period of 5 weeks beginning on the date of receipt by the Authority of the planning application.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

Mary Harrison Lennon intends to apply for permission for development at Woodlands, Rathangan, Co.Kildare. The development will consist of: construction of a new single storey detached dwelling with adjoining carport and store, provision of a new vehicular entrance, provision of a new well and a new septic system with new on-site wastewater treatment system to current EPA guidelines, all associated ancillary, landscaping and site development works. The application is accompanied by an offer of a legal agreement to sterilise 5.55 hectares (13.7 acres) of land, adjoining the subject site. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Denise Travers intend to apply for Planning Permission for a development on this site at Fallmore Villa, Newtown Grove, Maynooth, Co. Kildare, W23 Y2F7. The development consists of change of use of existing garage to living accommodation with single storey extension to rear (west) elevation and single storey link to side of existing house to form a family flat and all associated site works. That the planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

This planning application was prepared and submitted by CROSS Chartered Building Surveyor 11 An Crois, Allenwood, Naas, Co.Kildare. Tel. 045 - 860284

PLANNING NOTICES

KILDARE COUNTY COUNCIL

I, Luke Connors, am applying to Kildare County Council for full planning permission for the following: (a) change of use of existing two storey multi retail shop and office building to two storey residential apartment building containing 8 no. apartments (6 x 1 Bedroom and 2 x 2 Bedroom) with private balconies and bicycle / bin store to the rear, (b) modifications to front, side and rear elevations to include partial demolition of existing rear / side boundary / building wall to a height of c. 2m, construction of a new rear building wall set back from the existing boundary and works to existing roof, (c) internal modifications and all associated site development works at Eyre Street, Newbridge, Co. Kildare. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.



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BUSINESS



Aishling and Clare Hassett of Hassdoyle Enterprises, Kildare, pictured at The Seanie Walsh Experience ecommerce marketing seminar at the Osprey Hotel last Monday, part of Local Enterprise Week Kildare 2020



Grace Mulvihill of Clement & Grace Hats, Prosperous, and Siobhan Maguire of As Cute as a Button Personalised Frames, Nurney

SEANIE WALSH ECOMMERCE SEMINAR AS PART OF KILDARE LOCAL ENTERPRISE WEEK

Pictures: TONY KEANE



Jamie Agnew, ESB; Eamonn Gillen, School Sportswear, Newbridge; and Jeff Walsh, ESB



Guest speaker Seanie Walsh, Creative Director of Los Angeles based Business Rockstars pictured with Head of Local Enterprise Jacqui McNabb



Jane Richardson, Alleen Maguire



Helen Dillon, Your Path Counselling, Naas; Head of Local Enterprise Jacqui McNabb; and Karolina Misztal of Soul Pilates, Naas; at the Kildare Local Enterprise Seminar 2020 Seanie Walsh Experience



Michael Barry of MJB Consulting, Calverstown, and Paul Hennessy

Curragh trainer lands winner in tight finish at Dundalk track

WITH HORSE RACING IRE

Curragh trainer Johnny Feane landed the 6f claiming race at Dundalk on Friday night with Billyfairplay which was subsequently sold to trainer Denis Hogan who saddled the runner-up in the race, Tony The Gent.

The Ben Coen-ridden winner was sent off at odds of 7/2 joint-favourite and prevailed by a neck in the colours of Dundalk Bay Sea Foods and will now join Hogan having been claimed for €8,000.

Aidan O'Brien scored with his first runner of 2020 as United Front landed the 6f maiden and he had Seamie Heffernan to thank.

It was all too easy for the 5/6 favourite which scored by four lengths from the Fozzy Stack-trained Chanell Eclipse with Andy Slattery's

War Flight back in third place.

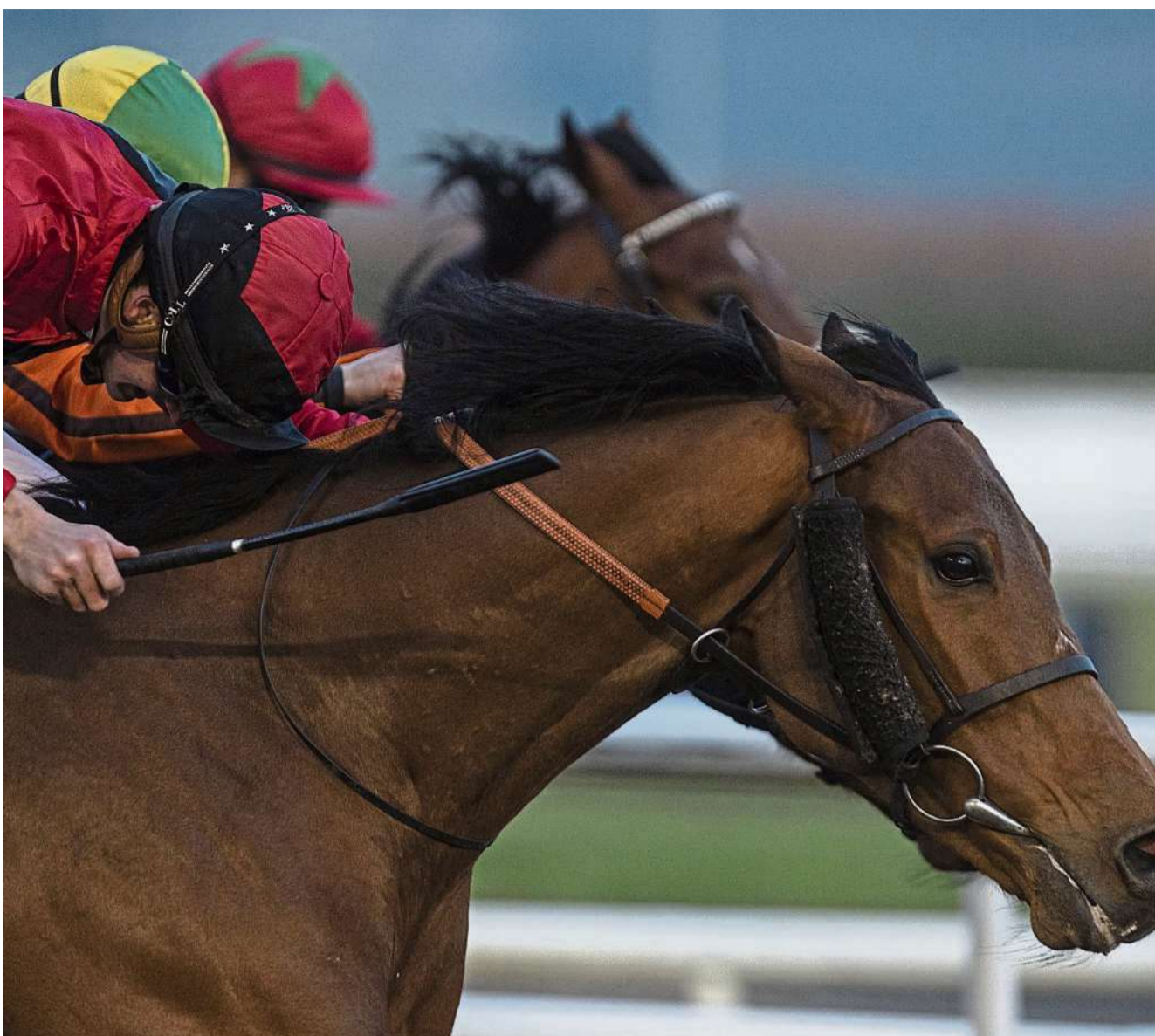
It was also a first winner of the year for the Caragh jockey.

Charli Parcs returned to winning ways on his first start for Curragh trainer Aidan Howard when landing the 2m2f conditions' hurdle at Leopardstown on Sunday.

Barry Geraghty was in the saddle as the 7/1 chance easily got the better of the gambled-on 9/4 shot Jetz by four and a half lengths.

The seven-year-old was scoring for the first time since December 2016 when he was trained by Nicky Henderson.

Howard said: "We've had him for quite a while and he's being doing everything right. He's got a touch of class and Barry gave him a brilliant ride."



It's tight at Dundalk as the Ben Coen-ridden Billyfairplay (near side) gets up to win the claiming race for trainer Johnny Feane at Dundalk on Friday

PHOTO: PATRICK MCCANN/RACING POST.

Horse Racing Ireland launch summer Student Internship Programme

Horse Racing Ireland (HRI) have launched their 2020 summer student internship programme which returns for its seventh year.

There are a number of paid placements available, commencing in June 2020 and running for 12 weeks throughout the summer to the end of August.

The programme is open to all Third Level students in any college year of any course.

Students will benefit from mentoring by experienced professionals which will allow them to develop their practical skills in a fast-paced environment while gaining valuable experience of the work which goes on behind

the scenes in the Irish racing and breeding industry.

HRI Education and Training Manager, Grainne Murphy, said: "The student internship programme plays a key role in the strategic aim of HRI to attract new entrants into the thoroughbred racing and breeding industry."

"We hope that, for the successful applicants, this is the just first step to a fulfilling and rewarding career within this great industry."

Further details and the application form are available at www.workinracing.ie/ internships. Closing date for applications is March 20, 2020.

UPCOMING FIXTURES

THURLES - THURSDAY, MARCH 5 (FIRST RACE 2.05PM)

DUNDALK - FRIDAY, MARCH 6 (FIRST RACE 5.15PM)

GOWRAN PARK - SATURDAY, MARCH 7 (FIRST RACE 2.00PM)

NAAS - SUNDAY, MARCH 8 (FIRST RACE 2.10PM)



Seamie Heffernan gives Aidan O'Brien a winner with his first runner of the year at Dundalk on Friday night as United Front lands the 6f maiden. PHOTO: PATRICK MCCANN/RACING POST.

SPORT

Busy weekend ahead for ladies teams

AOIFE KANE
sport@kildarepost.ie

The refixture of last weekend's abandoned Leinster U16 championship game against Laois is set for this coming Saturday at 2pm in Manguard Plus Hawkfield. On Sunday, Kildare ladies seniors travel to play Roscommon at 2pm in Rd 5 of the LidlNFL with venue tbc.

Prior to the referee's decision to abandon the U16 game at half time (owing to the weather conditions), the Kildare U16 girls had gotten off to a good start leading the game 0-4 to 0-1 in their first outing of their Leinster u16 b campaign today. Both teams were eager to showcase their talents despite the treacherous conditions of Storm Jorge. The decision to abandon the game was inevitable as condition worsened throughout the low

scoring first half.

Laois's Niamh Conroy kicked off the scoring after a minute played with a point despite the strong crossfield wind slightly favoring Kildare. However Kildare provided the games remaining scores with a four point run. Niamh Hayes opening her side's account with a point. This was followed by two Anna Carpenter scores, one assisted by Sophie Ngai who showed great play making herself available on several occasions throughout the game. The second Carpenter score came from a diagonal ball from the corner from Niamh Farrelly and in which Carpenter finished with great confidence. Despite the majority of possession belonging to Kildare, the conditions forced errors in kicking scores, Kildare

kicking four consecutive wides late in the half. Kildare then found a scoring outlet when Abbie Pender split the posts with a free from outside the 21 meter line to finish the half. To most supporters and some players' relief, the weather forced referee, Finbarr Shanahan, to call it a day at Manguard Plus Hawkfield after one half played.

KILDARE TEAM Roisin Browne, Molly O Loughlin, Ruth Sargent, Niamh Jenkins, Ellen Coleman, Alex Reynolds, Siofra Galvin, Yasmin Browne cpt, Hannah Breen, Sophie Ngai, Caitlin Kennedy, Niamh Hayes 0.01, Niamh Farrelly, Abbie Pender 0.01, Anna Carpenter 0.02

KILDARE SUBS Claudia Keenan, Enya O'Brien, Eimear Glancy, Edwina Birchall, Mayah Doyle, Claudia Gray, Aine Mernagh, Eve Heslin, Hannah Crowley, Ellie Kendrick, Aine McGuire, Eabha Owens, Grace King, Ali Kaye.

LAOIS TEAM Aoibhe Brennan, Eva Cullinan, Koren Dunne, Ellen Dunne, Edel Deegan, Ciara Crowley, Anna Keane, Orla Whelan cpt, Molly McNulty, Sinead



Coffey, Jes Whelan, Maeve Gallagher, Danielle Brennan, Niamh Conroy 0.01, Katie Donoghue.

LAOIS SUBS Ciara Phelan, Ita Conroy, Saoirse Byrne, Katie O Reilly, Kayla

D'Arcy, Finola Kehoe, Laura Dempseys, Sinead Goode, Darien Hughes, Kate O Reilly, Orla Horrigan, Faydagh Dunne, Ellie O Connell, Clodagh Lawlor, Emma Griffin.

Storm Jorge impeded play and scoring accuracy last Saturday, forcing referee Finbarr Shanahan to abandon the game.

PICTURE: KARL GORMLEY

Raheens advance to Aldridge Cup semi-finals

RAHEENS 1-4
JOHNSTOWNBRIDGE 0-5
ROBERT CRIBBIN

A second half Paddy Woodgate goal helped Raheens advance to the semi-finals of the Aldridge Cup after they ran out two point winners over Johnstownbridge on Saturday afternoon. The game was played in the midst of Storm Jorge and produced some of the worst conditions imaginable with good play almost impossible to achieve.

The home side did enough to win though and after beating Naas two weeks ago they advance to the next round. It was understandable given the weather but scoring was very much at a premium. Johnstownbridge had the elements at their backs in the opening half and they made

immediate use of it when Sam Doran kicked the opening point in the 2nd minute.

Six minutes later and Raheens were level when Rory Donnelly pointed from a difficult angle after good build up play from Thomas Dore and Conor Kelly. A barren spell of scoring soon followed with the weather deteriorating before Alan Igoe kicked over a free for Raheens.

Johnstownbridge finished the half the stronger with Kelvin McNally drawing the sides level and Luke Dempsey's men added on two more points to go into the warmth of the dressing rooms with a 0-4 to 0-2 advantage. When the two teams emerged for the second half it was Johnstownbridge that looked the brighter with Sam Doran kicking his second point from play to push his side three in front.

JBT wouldn't score again for the rest of the game though and Raheens gradually reeled them in. Donnelly got the home side back within two points and Frank Hanniffy's team took the game by the scruff of the neck when Paddy Woodgate kicked a shot into the top corner of his weaker right foot. David Malone then put the seal on the victory with a fist point late on but given the conditions it's not a game that will live long in the memory.

RAHEENS: DECLAN CAMPBELL; Colin Ryan, Tom Early, Aidan Dunlea, Graham Waters, Jason Earley, Paul Waters, Killian Thompson, Thomas Dore, David Malone 0-1, Paddy Woodgate 1-0, Alan Igoe 0-1 (0-1f), Colm Power, Conor Kelly, Rory Donnelly 0-2.

JOHNSTOWNBRIDGE: Padraig Hurley; Des Holton, Joey Higgins, Ian McKeon, Eoin O'Donoghue, Shane Flanagan, Mikey Donnelly, Glen Doran, Luke Flynn, Kelvin McNally 0-2 (0-1f), Sam Doran 0-2, Aidan Higgins 0-1, Mark Newman, Cathal McNally, Niall Vaughan.

Rice Cup PP Senior Football 'D' All Ireland semi final

BALLYBAY, MONAGHAN 1-7
ST FARNAN'S PROSPEROUS 0-2
ROBERT CRIBBIN

St Farnan's of Prosperous were defeated in the Rice Cup PP Senior Football 'D' All Ireland semi final, going under to current All Ireland champions, Ballybay Community School of Monaghan. The game, in Darver COE, Louth was played in gale force wind, rain and sleet and in fairness should even have started such was the dire conditions.

The winners had the elements somewhat in their favour in the opening half yet only led 0-5 to 0-1 at half time

so the Kildare side looked to be in with a real chance and when they scored the opening point of the second half within a minute it looked like they just might pull off a bit of a shock result.

However, two sendings off, one a straight red on Rory Moran, followed just two minutes by a second yellow for Colm Moran saw them reduced to 13 and while there was still some 25 minutes or so left they failed to raise another white flag, Ballybay scoring just one more point plus a late goal to advance to the final on a score line of Ballybay, Monaghan 1-7 St Farnan's Prosperous 0-2.

Scorers: Ballybay,

Darragh Dempsey 1-3 (2 frees), Tristan Keenan 0-1, Julius Sniauksta 0-1, Eoin Duffy 0-1, James Hughes.

St Farnan's, Eoin Bagnall 0-2 (2 frees).

BALLYBAY MONAGHAN: Ryan Johnston; Thomas McPhillips, Mark Hughes, Thomas Keenan; Eoin Duffy, Aaron Hamilton, James Hughes; Shane Slevin, James Slevin; Julius Sniauksta, Dara McCann, Darragh McElearney; Michael Coyle, Tristan Keenan, Darragh Dempsey. Subs: Jams McAdam for James Hughes (50 minutes).

ST FARNAN'S PROSPEROUS: Adam Doyle; Jack Cross, Adam Ewing, Josh Carroll; Rory Moran, Colm Moran, Kian Percival; Paul Dockery, Daniel Lynam; Eoin Bagnall, Kevin Campbell, Conor Murphy; Emmet Donoghue, Jamie O'Brien, Jack O'Brien. Subs: Aaron Lenehan for Kian Percival (50 minutes).
REFEREE: Brian Healy, Roscommon.

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SPORT

Footballers get season back on track with win over Laois

Allianz FL Div 2 Rd 5

KILDARE
LAOIS

0-15
0-10

ROBERT CRIBBIN
at O'Moore Park

Kildare got their second win of the Allianz Football League after they got the better of near neighbours Laois in Division 2 in O'Moore Park, Portlaoise, on Sunday last. Kildare did the majority of the damage in the opening half as they held a double scores lead and if it wasn't for wasteful shooting the margin would have been even greater.

Kildare's increased work rate was very noticeable in the forward line in particular and with the midfield duo of Tommy Moolick and Kevin Feely dominating as well as Niall Kelly, Paddy Brophy and Adam Tyrrell impressing in attack Kildare ran out deserved winners.

While Kildare aren't out of the relegation woods just yet, it's a big result for them with two home games still to come against Cavan and Westmeath. Laois will have been very disappointed with their own performance as

they were never really in it but in a topsy turvy division, they aren't out of the promotion race yet.

Inspired by the threat of relegation and the sight of their near neighbours, Kildare powered out of the blocks and were four points up inside the first five minutes. Paddy Brophy got the scoring underway with an effort from a tight angle after good play from Shea Ryan and Paul Cribbin before Cribbin himself kicked a fine brace of scores.

Adam Tyrrell played a key role in both the Cribbin efforts and he duly got on the scoreboard to round off an exhilarating opening from the Lillywhites. Laois eventually got on the board with a 15th minute Evan O'Carroll free but after Daniel Flynn was bizarrely pulled up for overcarrying (when taking a mark), Tommy Moolick restored the four point buffer in the next play.

Niall Kelly and Sean O'Flynn then exchanged points before Laois had a fine chance for goal when Eoin Lowry broke forward but



Paul Cribbin (Johnstown/Kildare) tries to intercept Damien O'Connor's (Laois) shot. PICTURE: DENIS BYRNE

Mark Donnellan stood tall to make a good save. Kildare were in fine form all over the

pitch at this stage and points from Kevin Feely and Liam Power had them holding an 0-8 to 0-2 initiative. Laois got the last two points of the half with Evan O'Carroll on the double and after kicking eleven first half wides Kildare would have been wondering how they were only 0-8 to 0-4 ahead at the break.

Kildare could have pushed that lead out to five in the opening minute of the second half when a quickly taken scoreable free from Adam Tyrrell fed Daniel Flynn but with the goal gaping the Johnstownbridge man mishit an effort and Laois survived.

Paddy Brophy increased the Kildare lead in the 42nd minute before Laois got a bit of momentum going with goalkeeper Niall Corbett landing a long distance free and the midlanders left a

couple of goal scoring opportunities behind them as well with Donnellan saving a weak attempt from Colm Murphy and Laois full back Mark Timmons had a goalbound attempt blocked by Kevin Feely.

After those two missed chances Laois's challenge faltered and Kildare kicked into overdrive with four points on the bounce with Tyrrell kicking a trio of scores and the corner forward also set up Kevin Flynn as Jack O'Connor's men went eight points clear. Laois did rally in the final quarter with Corbett, Brian Byrne, John O'Loughlin, Kieran Lillis and Evan O'Carroll all pointing but without a goal they were always likely to fall up short.

Brophy and Neill Flynn then rounded off the scoring for Kildare in the final minutes as they eased to a five

point victory.

KILDARE: Mark Donnellan; Shea Ryan, Mick O'Grady, Eoin Doyle, David Hyland, Con Kavanagh, Kevin Flynn 0-1, Kevin Feely 0-1 (0-1f), Tommy Moolick 0-1, Liam Power 0-1, Paul Cribbin 0-2, Paddy Brophy 0-3, Adam Tyrrell 0-4 (0-3fs), Daniel Flynn, Niall Kelly 0-1.

SUBS USED: Conor Hartley for Power 47 mins, Keith Cribbin for P Cribbin 54 mins, Jack Robinson for Kelly 64 mins, Jimmy Hyland for D.Flynn 67 mins, Neil Flynn 0-1 (0-1f) for Tyrrell 69 mins.

LAOIS: Niall Corbett 0-2 (0-2fs), Trevor Collins, Mark Timmons, Gearoid Hanrahan, Sean O'Flynn 0-1, Robert Pigott, Patrick O'Sullivan, John O'Loughlin 0-1, Kieran Lillis 0-1, Sean Byrne, Eoin Lowry, Damien O'Connor, Ross Munnely, Colm Murphy, Evan O'Carroll 0-4 (0-3fs)

SUBS USED: Mark Barry for O'Connor 41 mins, Michael Keogh for Munnely 45 mins, Benny Carroll for Lowry 54 mins, Gary Walsh for Murphy 54 mins, Brian Byrne 0-1 for S.Byrne 68 mins.

REF: Joe McQuillan (Cavan)

GAME AT A GLANCE

MAIN MAN

TOMMY MOOLICK (KILDARE)

There is a theory that Kildare play better with Tommy Moolick in the team and last Sunday showed why that logic is out there. He had a brilliant game that was encapsulated by a first half block on Eoin Lowry before moments later kicking a fine point from distance.

HIGHLIGHT

The first half performance was a joy to watch from a Kildare point of view. Fresh from the recent criticism the boys in white didn't take a backwards step and tore into Laois from the start. Adam Tyrrell leaving a Laois player on his backside showed you everything you needed to know.

LOWLIGHT

As good as the first half was the lack of any ruthlessness up front will catch Kildare out on other days. They led by four at the break but after kicking eleven wides it should have been at least ten. Much to work on for the final two games.

TURNING POINT?

While Kildare were much the better side Laois had the majority of the goal chances and in Eoin Lowry the Midlanders had a fine opportunity which Mark Donnellan saved well from. Only three points separated the teams at the time and if that went in it could have been a different game.

WHAT NOW?

Kildare entertain Cavan in St.Conleths Park on Sunday week while on the same day Laois head to Mullingar to face off with Westmeath.

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**FOOTBALL
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See pages
58, 60, 61

Naas CBS remain on course for three Leinsters in a row

Semi final: champs defeat Marist College to book a final spot in two weeks

TOMMY CALLAGHAN
at Coralstown, Kinnegad

"It was far from our best performance of the year but at the same time the standard is going up every game we play now, we knew we were going to be put to the pin of our collar, there are no easy games at this stage" was the reaction of Naas CBS manager Ronan Joyce, following his side's 1-11 to 1-6 defeat of Marist College, Athlone, in the semi final of the Top Oil Leinster PP Schools 'A' Bro Bosco Cup.

Naas played with the strong breeze in the opening half but were rocked when Marist scored a goal after just four minutes. However the champions kept their cool and slowly but surely began to pick off points, leveling up before taking a four point lead which they held up to the break, 0-7 to 1-0.

Playing against the strong breeze on the resumption, Naas opened the scoring with an excellent point from Drew Costello and they showed they are more than capable of digging out a result, despite not playing to their best.

A goal in the 39th minute after a long ball in from Costello was finished to the net by Simon Murphy really settled the game and while Marist did come with a few

late points they never really had the capabilities of putting Naas CBS under any real pressure.

Manager Joyce said that his players showed great character, especially when playing against the wind in the second half.

"I'm really delighted for the lads, they have put in huge work throughout the year, we have a final to look forward to which is brilliant but we know we will have to show vast improvement for that game. I saw St Joseph's SS Rochfordbridge defeat Scoil Eoin in the other semi final and while the winners did not play particularly well in that game either, they are a very strong outfit and will take a fair bit of beating."

That final is provisionally fixed for Saturday week, March 14, venue and time to be announced.

NAAS CBS: Simon Morrissey; Mark Maguire, Conan Boran, Eamonn Dunne; Paddy Kelly, Adam Malone, Paddy McDermott; Eoin Archbold, Drew Costello; Seán McLoughlin, Alex Beirne, Nick Sweeney; James Dalton, Sam Morrissey, Simon Murphy. Subs: Mikey McLoughlin for Seán McLoughlin (half time); Ferran O'Sullivan for Paddy Kelly (55 minutes); Joe Murphy for Nick Sweeney (56 minutes); Will Purcell for Eamonn Dunne (61 minutes).



Naas CBS Nick Sweeney races forward during the Leinster A Post Primary Schools semi final Bro Bosco Cup game against Marist College, Athlone, in Coralstown, Kinnegad on Tuesday. PICTURE: SEAN BRILLY

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